

PAM
QV26
190*
D75M



22102091197



314830

129934

WELLCOME INSTITUTE LIBRARY	
Coll.	weIMOmec
Call	pam
No.	QV 26
	190*
	D 75 m

A MAN WHO CAN DANCE.

HOW YOU CAN CURE RHEUMATISM!

Rheumatism often follows a chill or wetting. Severe Pains in Muscles and Joints often cripple the victim; the disease may develop into Rheumatic Fever; and, if neglected, will recur every winter. Permanently Cured by Dr. Williams' Pink Pills.

A TYPICAL instance of the way Dr. Williams' Pink Pills act in cases of Rheumatism, is furnished by the experience of Mr. George A. Gledhill, of 24, Jackson's Yard, Castleford. The facts are vouched for by the *Pontefract and Castleford Express*, which investigated the case. Mr. Gledhill is thirty-one years of age and a member of the Castleford Brass Band. To use his own words, he said:—"One day, about three years ago, I had been playing that (pointing to a cornet) until it was time to go to work. As I was on my way I tried to spring over a pool of water, but, instead, fell into it. I couldn't get up for a long time. I had to go home painfully helping myself on by the side of the wall. I had got a sudden crippling attack of rheumatism. I had never had it before. I did not do any work for sixteen weeks. I could not leave my armchair until sticks were brought me. I was a cripple; my legs were numb and useless, as though they were paralysed."



MR. GEO. A. GLEDHILL.
Cured of Acute Rheumatism
by Dr. Williams' Pink Pills.

"That is what the doctor told him," added his wife.
"Yes," said Mr. Gledhill, "he said I was in danger of paralysis. My legs seemed quite dead. Although the doctor treated me skilfully my complaint did not yield to treatment. Subsequently I tried other remedies, and used every possible liniment that was recommended. Nothing did me any good. One day a workmate who had suffered from gout and rheumatism said, 'If I were you I would try a box or two of Dr. Williams' Pink Pills.' He said he had tried them."

"So I got a box, and in three weeks I noticed an improvement, for I was able to get about without sticks. With a second box I was completely better, and have remained so. Dr. Williams' Pink Pills are worth their weight in gold. I first noticed that the pains grew less, and the stiffness left my joints. I am in the best of health now. I can either dance, run or jump; do a polka, schottische, or a quadrille."

ABRASION. (Skin wound from bruise or rubbing).—Remove all dirt with lint and tepid water. Then dress wound with lint dipped in tepid water and cover it with oil-silk; as an alternative apply lint and vaseline.

ACIDITY OF STOMACH.—Carbonate of soda is a good cure, but the diet should also be regulated, and sweets, acids, and excess of potatoes avoided. Take a course of Dr. Williams' Pink Pills. If constipated take a Scavuline Pill. **ADDER-BITE.**—Bandage tightly above the wound which should be sucked. Bathe the injured part with strong solution of ammonia till the smarting is relieved. Cauterize. If very bad, cut out the wound with a very clean knife.

AQUE. (Attack of).—During first stage of shivering induce as much sweating as possible. Keep well wrapped in blankets, take hot tea, and apply hot water bottles to different parts of the body. In hot stage, give cooling drinks, and wipe away perspiration; cool off gradually.

ANEMIA.—Prevent all unnecessary waste of vitality. Get fresh air, nutritious diet, establish regular habits, take Dr. Williams' Pink Pills after every meal. Treat also with friction, rubbing body briskly with warm dry hand.

ANTIDOTE. (A safe).—Mix some salt in a glass of warm water, and swallow quickly. This will immediately induce vomiting. The white of a couple of eggs should then be swallowed, followed by some strong coffee.

ANTS IN CUPBOARDS.—Take an old sponge, slightly wet it and sprinkle sugar on it. This should then be placed in the cupboard, when the ants will crawl into the sponge. Afterwards drop sponge into boiling water.

ANTS' NESTS.—To break up a nest of ants, the nest should be dug up and the earth mixed with gas lime; or boiling water mixed with quick lime can be poured in to the nest itself.

APPOPLEXY.—Raise head, loosen clothes; put a wedge between the teeth to prevent tongue being bitten. Apply cold bandages to forehead; give no stimulant; call doctor.

APPETITE.—The appetite may be stimulated artificially by a wineglassful of bitters half an hour before a meal; or chewing two or three ginger lozenges or peppermints will often have the desired effect. If these remedies are resorted to habitually, however, they lose their effect.

ARREST.—The taking into custody of defendant's person for debt, or for damage in the progress of the suit, cannot be made on the Sunday; nor can the defendant's own outer front door be battered in for the purpose.

ASSAULT.—The attempt with force or violence to do bodily injury to another, for example, by striking with a

stick, although the stick miss the person aimed at, is an assault if the intention and present ability were there.

ASTHMA.—In a violent attack coming on suddenly, sometimes a whiff from a pipe acts like a charm. In some cases, if attack is caused by an indigestible meal, it is best to empty the stomach by an emetic. Constitutional treatment—Dr. Williams' Pink Pills for Pale People.

BABY'S WEIGHT.—The average weight of a male baby is 7½ lbs., and of a female baby, 6½ lbs. It will be found of great guidance to young mothers to weigh the baby every three or four days, to know whether the food is agreeing. The idea that it is wrong to weigh a baby is an ignorant superstition.

BACON. (To keep).—During the hot weather this is often a problem, but a good plan is to keep the bacon in a tub of sawdust. The tubs must stand in a cool dry place.

BAD SMELLS. (To remove).—A deodoriser can be made with permanganate of potash, placed in a jar where the smell is offensive. Put half an ounce into a pint of water. Celery or parsley leaves rubbed on hands after cutting onions remove smell.

BAILIFF.—If a bailiff arrives to levy distress, see that he holds a certificate from a County Court Judge; any person not holding a certificate and levying distress is liable to a fine not exceeding £10.

BALDNESS.—To avoid premature baldness avoid tight hats, never work with head near heat or gas light. Don't wet head too often.

BAMBOO FURNITURE.—Clean with small brush dipped in salt and water. This will bleach as well as clean.

BANDAGES should be applied equally, so that the pressure is the same on all parts. If fastened with a pin, take care that pin does not touch the wound; always bandage a limb upwards; for example from the hand up to the arm pit.

BANGING DOORS may be silenced by a piece of india-rubber, or cork or leather placed to receive the shock.

BEDS (To air).—When not practicable to air beds by keeping them in use, or by putting them to the fire, stone bottles filled with boiling water and placed in the beds answer the purpose capably.

BEDCLOTHING (Insufficient).—When impossible to find rugs or extra blankets a very good plan is to spread two or three newspapers between the blankets.

BEDROOMS.—Don't burn gas, even turned low, during night. Don't let offensive matters remain in a room; if unavoidable, wring out a towel in cold water and use as cover. Coffee beans burnt are a good deodoriser.

THE AGONIES OF SCIATICA.

Sciatica attacks both Men and Women. Symptoms: Acute Darting Pains, like hot needles, in the hip and thigh; perhaps extending to the knee and ankle. Can be cured by Dr. Williams' Pink Pills.

THE following story, clipped from the *North Wilts Herald*, which vouches for its truth, explains itself. An interesting affair on a section of the Great Western Railway came recently to the notice of a *North Wilts Herald* representative. It appears that a young man formerly employed on the line near Corston, Wilts, has attracted some interest among the other employes. His name is Hugh William Cook, and he now lives at Beaman's Lane, Wootton Bassett. What brought him first into prominence was a long and painful illness—his recovery from which he attributes to Dr. Williams' Pink Pills for Pale People.



Now an Assurance Agent.

"About four years ago," said Mr. Cook, who is twenty-eight years old, "I was seized with terrible pains in my side—from the hip down to the ankle. The doctor whom I saw told me they were due to sciatica. I was then at work on the new railway, but I had to give up, and was home for six weeks. If I once sat down I could hardly get up again, and I could not walk without something to support me. For a time I grew better, and went to work again. Up to this time I had been treated by doctors, and the cure of the first attack was due to their skill. But the disease was not eradicated. November, 1901, I realised this, for the pains returned as badly as ever, and again I had to give up work. The sharp-shooting pains were very bad and kept me in agony. After six weeks at home I again resumed my occupation—I was still engaged on the railway—but only three weeks had elapsed when I had to yield for a third time, the pain in my back being most excruciating. The doctor told me I was suffering from sciatica, and in addition from lumbago. I was at home for fourteen weeks, and then, as I got no better, I was admitted to Malmesbury Cottage Hospital. Nothing that was done for me seemed to cure, however, and I left the hospital after a stay of three weeks. Fortunately for me, just before I came out I read in the paper of a Wootton Bassett man being cured by Dr. Williams' Pink Pills for Pale People after being ill for twenty-eight years, and I determined to give them a trial."

BEDSORES.—Before the skin is broken, it is a good plan to rub the part night and morning with strong spirit, such as brandy; but when once the skin is broken, a dusting powder made of powdered starch and oxide of zinc may be used with much relief to the patient.

BEDTICK. (To clean).—Wash the bedtick, first shaking it free of fluff and small feathers. Rinse feathers, etc., in plenty of cold water, adding a spoonful of permanganate of potash. When dry and aired, the inside of the bedtick should be bee-waxed to prevent feathers working through.

BEE STINGS.—As soon as stung, get blue-bag and rub it well into the wound at once. The application of ammonia will immediately relieve the pain, or an onion cut in half and rubbed in will serve as well.

BELLOWS should only be used in an emergency for reviving the fire, for the reason that the gases of the fuel are apt to be blown away in an unconsumed state, causing waste of fuel. Blow gently at a distance of six inches.

BILIOUS COMPLAINTS.—To expel the bile downwards, an aperient pill (Scavuline is the best) is allowable. This may be followed by an effervescent drink. In the meantime a little care should be directed towards diet. But the only permanent cure is to improve the digestion. Dr. Williams' Pink Pills will permanently cure bile.

BIRTHS must be registered at the district registrar's office within six weeks of the date of the birth. No charge is made unless a copy of the birth certificate is required.

BLACK BAG (To renovate).—Take a tablespoonful each of gin and sugar, and thicken them with ivory black, add yolk of egg and beat together, then beat in white of egg. Stir; apply like kid reviver, and leave 24 hours.

BLACK DYE.—To five pints of water add half a pound of bruised gail, quarter of a pound of green vitriol and one pound of logwood.

BLACKEN BROWN BOOTS, TO.—Cut potato and rub boots thoroughly with it. When dry blacken in the usual way. Repeat process several times.

BLACK FELT HATS may be effectually cleaned and the dirt and grease removed by rubbing well with benzine. Afterwards hang up in fresh air to remove the smell. Benzine is dangerously inflammable, and must never be used at night or in any room containing a fire.

BLACKHEADS are merely dust deposits in the pores of the skin, and should simply be squeezed out, and the place well washed with warm soap and water; or the skin may be steamed, and worked with the fingers.

BLACKING FOR HARNESS.—Take four ounces nut-ton suet and twelve ounces beeswax; melt, add twelve ounces powdered sugar candy, four ounces soft soap dissolved in water, and two ounces finely powdered indigo. When well mixed add half a pint of turpentine. Apply with sponge and polish with brush and cloths.

BLANKETS (new).—Send to a cleaner, or wash in lather of boiled yellow soap, soft water and a little ammonia. Dry off quickly but out of sun.

BLANKETS.—Don't wash them often, but air them, and when necessary have them cleaned by a dyer if possible. Blankets not in use store beneath a mattress that is slept on.

BLEEDING (Tostop).—A loss of blood is always alarming, but once wash it away with cold water and the wound is often quite slight; bleeding can be stopped with alum. Common whiting or pipe clay applied thickly to the wound and kept in position by dry lint is useful.

BLEEDING (After Extraction of Teeth).—The bleeding which follows extraction is usually of short duration, and ceases without requiring any attention. In very exceptional cases, alum water may be used.

BLISTERS arising from burns or scalds can be prevented generally by applying immediately after the accident white of eggs. This may also be used in sunburn and freckles.

BLISTERED FEET.—Before going to bed, the feet should be well rubbed with tallow dropped from a lighted candle into the hollow of the hand. The inside of the socks should be soaped well for long walking.

BLOTCHES ON THE FACE are best treated with internal remedies, correcting the liver or stomach. The face should be well washed three or four times daily. Outdoor exercise is necessary. Dr. Williams' Pink Pills are a remedy for this unsightly ailment.

BLUE BOTTLES.—Blue-bottles can be kept from the meat safe by putting a plate containing some permanganate of potash near the door of the safe.

BLUES.—An attack of "blues" comes to everyone sooner or later; the cure lies in the power of the sufferer. Get out into the world, mix with other people, learn their sorrows and their joys.

BLUSHING should be overcome by the victim accustoming him or herself to company; by mixing with people as much as possible; by the exercise of will power, by leading a healthy out-door life; by thinking less of oneself and more of others.

"And what was the result?" asked the reporter.

"I began to feel benefit," was the reply, "after I had taken one box, and as I continued taking them my strength increased and the pains began to disappear. In all, I have taken five boxes, and I am firmly convinced that Dr. Williams' Pink Pills for Pale People, and nothing else, have cured me. I am now acting as an assurance agent, and on most days have to walk ten or twelve miles. I can do this without feeling more than ordinarily tired, but before taking Dr. Williams' Pink Pills for Pale People I could not walk even one mile without being completely done up."



Mr. W. H. Cook,
Cured of Sciatica by Dr.
Williams' Pink Pills.

SCIATICA COMPLICATED WITH LIVER COMPLAINT.

MR. WILLIAM T. ALLCOCK, of 121, Upper Thomas Street, Aston Manor, Birmingham, had a hard tussle with Sciatica, and his case was rendered more obstinate by a complication of liver complaint. However, Dr. Williams' Pink Pills cured him of both complaints.

BOILS should be brought to a head with a hot poultice. A baked potato cut in half will do as well. When ripe and ready to break, the boil should be lanced with a needle. Clean the needle first by putting it into boiling water.

BOILERS unless kept in constant use, are apt to crack. They should be scraped out once every six months, as the crust which forms will otherwise prevent the water from boiling quickly.

BOLTING HORSES.—If the horse bolts and you cannot hold him in, sit easily with your arms and legs compact not straggled. When the upset comes don't spread your arms but let yourself go in the direction thrown, turning over and over when you reach the ground as a footballer does when thrown.

BOOK COVERS (Soiled).—Even the most delicate white and pale covers can be thoroughly cleaned and brightened up with chamois skin dipped in powdered pumice stone.

BOOKS (Keep from mould).—A few drops of any perfumed oil will secure libraries from the consuming effects of mould and damp. Russian leather never mildews owing to its being perfumed with birch-tar.

BOOTS (To Polish).—Rub well with fresh cut potato; when nearly dry polish with blacking in the usual way. They will take a higher gloss.

BOOTS (Creaky).—To prevent squeaking it is a good plan to soak the soles in linseed oil; this will not only stop the squeaking, but make the leather waterproof.

BOOTS (Tight).—When boots are tight they may be very materially eased by placing them to the fire to warm before putting them on. Warming the boots, however, is apt to induce chilblains, if the person is at all liable to them.

BOTTLES.—Bottles are cleaned effectively by putting coal ashes into them, and shaking them well up with water. If shot is used, great care should be taken to remove it all.

BOXING.—In boxing, do not put your tongue out, as you are liable to get the upper-cut and the tongue cut off. Always watch your opponents' eyes, and not his feet. Never lose your temper or your head. Learn to take a beating as well as a win.

BRANDY is not only a stimulant, but it has powerful medicinal qualities; it is used in cases of hanging, drowning, intense cold, colic, spasms, diarrhoea. It should not be given in large doses, and is best in the proportion of a tablespoonful of brandy to a wineglass of hot water. Avoid it as a beverage; it is a medicine.

Severe pains in the back first unsteadied him, and as time went on they increased in severity, and were accompanied by other evils, which often unfitted him for his work. He was given hospital notes, and saw several doctors, but ordinary medicine afforded him no relief.

Two years ago his condition was approaching a crisis. "The pains in my back," he told a Birmingham reporter, "were very bad, and I had a continual ache from my ankles to the top of my head. The shooting pains in my thighs and legs were particularly bad. I had a low aching feeling all over, and my legs were so bad that I had great difficulty in getting upstairs. I always felt tired and drowsy, a certain symptom of liver disorder.

"I could have slept a month," he continued. "I would go to bed at eight o'clock at night and stay there till seven in the morning, but when I rose I often felt more tired than when I went to bed. In my work as an engineer I had to stoop a good deal, and several times the pains became so bad that I had to be brought home.

"Some told me it was sciatica and liver complaint I had. I tried all kinds of liver pills, but it was not until I bought Dr. Williams' Pink Pills that I got any relief. I had seen them advertised, and when I found that I was better after taking a box I continued to use them until, in five or six weeks, I was almost as well as I have ever been.

"I have lost all the pains, and I am now so lively that my wife tells me I wake up singing. I think Dr. Williams' Pink Pills are about the finest thing I took in my life. I do really believe so."

BRASS (To polish).—Take some finely powdered carbonate of ammonia, moisten with water, and rub it over the brass. If possible, work near the fire. Then rub dry with a soft cloth, and give a good polish.

BREATH TAINTED BY ONIONS.—Chopped parsley leaves eaten with vinegar will remove taint.

BROKEN LIMBS in children are best left entirely to the doctor, but until he comes, let the child lie flat on his back on the floor or hard mattress, and cover him over with a couple of blankets.

BROWN BOOTS (To clean).—Remove stains with lemon juice, then polish with beeswax dissolved in a little turpentine. This is the best polish and preservative.

BROWN HOLLAND will look equal to new until worn out if always washed in starch water and hay tea.

BROWN PAPER.—Is a non-conductor of heat. It can be sewn into waistcoats, and used as a lining for petticoats; in an emergency it will be found helpful in supplementing insufficient bed clothing.

BRUISES—Apply cold water, and if possible elevate the injured part so as to retard circulation.

BRUISED WOUNDS should never be covered up by court plaster. Nor should court plaster be used for any but light wounds. If used on deep cuts take care to use strips only so as to allow the wound's secretions to escape.

BUGS (To destroy).—Painting spirits of naphtha on every part of bedstead is a sure way of getting rid of bugs. Suspend camphor bag from head of bedstead.

BUNIONS.—Poultice; wear large shoes, and bind over the joint an adhesive plaster, and keep it on. Iodine and lard make a reliable ointment, which should be rubbed on gently.

BURNS.—Exclude all air from injured part. Wrap in cotton wool. Apply oil of any kind or white of egg. Take care in removing clothes. Don't break blister.

BURNS CAUSED BY ACIDS.—Treat by liberal application of powdered chalk or magnesia. This should be washed off, and wool or lint laid on the wound.

BURIAL.—Unless the deceased has been ill twelve hours previous to death, and attended by a medical man, there must be an inquest. The body must not be moved for forty-eight hours. The registrar of deaths must have notice and a doctor's certificate as to cause of death. The undertaker secures his certificate from the registrar.

The Breathless Anæmic.

A Beating Heart and Miserable Breathlessness when walking upstairs or out of doors are early signs of Anæmia, and should serve as a warning; for, if neglected, Anæmia is one of the surest avenues to a Consumptive's Grave. Dr. Williams' Pink Pills cure it.

IN one of the newest houses, No. 16, of Loring Road, Isleworth, one of London's bustling new suburbs, Miss Fanny Stacey, a tall fair girl, with the glow of health in her cheeks, resides. A reporter of the *Middlesex County Times*, who learned that Miss Stacey has been remarkably cured of anæmia by Dr. Williams' Pink Pills, investigated her case.



MISS FANNY STACEY,
Cured of Anæmia
by Dr. Williams' Pink Pills.

"I was very ill for a long time," she said. "I'm seventeen now, and ever since I was a little girl, until just lately, I suffered from what the doctors called anæmia and nervousness. I could not walk a couple of yards without feeling as though I would faint, and as for going upstairs, I couldn't do it; they had to carry me up. I also had a most unpleasant choking sensation all the time. For six months I attended the Richmond Hospital, but I got no better; in fact I was getting weaker, thinner, and paler all the time. Then father said, 'If I were you, I'd try Dr. Williams' Pink Pills.' Father had the greatest faith in the pills, for twice, when he seemed at death's door, they pulled him round. Before I'd taken one box, I felt better and stronger. I kept on with them, and now that I'm taking my sixth box, I'm as well as anybody. I get up at five o'clock every morning, and walk three miles to my work, which begins at six o'clock. I work all day, and come home in the evening ready for any fun that's going on. My appetite is good; the headaches are gone; and I am no longer weak and breathless." The girl laughed. "That's pretty good for a girl who wasn't able to walk upstairs, isn't it? The best of it is, being able to work: I'm so glad of that."

"It was Dr. Williams' Pink Pills that cured me, and you can tell everybody so. I'm so glad about being well myself, that I would like everybody to know what did it. I saw the doctor a week or two ago, and he said there was nothing the matter with me now, and I don't feel as if there was."

BURNING PARAFFIN may be almost instantly quenched by throwing flour upon it; but in any case don't throw water on paraffin. Endeavour to stifle the flames, and for this purpose flour, sand and earth may be used.

BUTTER (To keep in warm weather).—Cover the butter with an earthenware vessel, and then place a damp cloth round it; place water round dish containing the butter.

BUTTER may be tested by smearing a little of it on a clean piece of paper, which should then be rolled up and set alight. If the butter is pure the smell is pleasant; otherwise it is distinctly tallowy.

CABBAGE WATER should not be poured down sinks, as it causes offensive smell. Pour it on ground when cool; it is an excellent fertilizer for fruit trees and rhubarb.

CAB DISPUTES.—When disputes arise with the driver the hirer may request the driver, without payment, to drive to the nearest police court or police station.

CANDLES improve by keeping. If discoloured, they may be cleaned by rubbing them with a clean flannel dipped in spirit of wine; cut wick close before lighting, and always apply match to side of wick, and not over top.

CANDLE GREASE.—Take a little spirits of wine, drop it on the spot, and rub it with the hand until the grease is reduced to powder; it can then be brushed off; or cover spot with blotting paper and use hot iron.

CANDLESTICKS may be cleaned by pouring boiling water over the melted grease. This is preferable to scratching with a knife, or heating the candlestick over the fire.

CANE CHAIRS.—To clean them, the underneath part should be washed with hot water and a sponge; soap should be used if cane is very dirty. When well soaked set them out in open air to dry.

CARBOLIC LOTION.—If this lotion has been accidentally swallowed, give olive oil, and make patient sick by putting your finger down his throat. Call doctor.

CARBUNCLE.—Warm, soothing poultices should be applied from first to last, and a Scavilline pill should be taken. When the swelling becomes conical, the doctor will lance the top. When the abscess has been opened, it is as well to give a liberal diet and Dr. Williams' Pink Pills.

CARPET STAINS.—If the stain is not large, pure benzine will be found very effective; rub it well in with a clean linen rag, and repeat till the stain is removed. Benzine will not in the least injure the colour of the carpet. It is, however, dangerously inflammable, and must not be used at night nor in a room where there is a fire.

CARPETS.—In laying carpets it is as well to put brown paper underneath. The position of carpets, if possible, should be changed periodically, so as to equalise the wear. Grease spots are best taken out with soap and water. Carpets should be beaten on the wrong side.

CARPET SWEEPING.—It is not generally known that fresh grass is better than tea leaves to use when sweeping a carpet. Tea leaves frequently make dirty marks or stains, whereas the grass is clean and fresh.

CARRIAGE ACCIDENTS.—Don't jump. Better sit tight. If you must jump, get out over the back seat and let yourself drop slowly till you are sure of your feet.

CASKS THAT LEAK.—When everything else has failed, the leak may be stopped by beating some whiting up with common yellow soap. This mixture should be well rubbed in and it will be found to stop the leak.

CAT SCRATCHES.—If a child gets scratched, apply ammonia; in a mild way it will cauterise the excoriation. Pussy's claws are not always clean, and dirt always gives rise to trouble in wounds.

CAUTERIZE (How to).—For cases of a bite or poisonous wound, if a doctor cannot at once be found it may be necessary to cauterise; nitrate of silver or a red-hot poker may even be applied.

CAYENNE, used in moderation and as a condiment is of undoubted assistance to persons of languid digestion. It also is useful in preventing flatulence. It must not be used in large quantities.

CEMENT FOR A MACINTOSH.—Dissolve fine shred of pure india-rubber in naphtha so as to form a stiff paste. Some of this cement should be applied to each edge to be joined. Bring edges together, and put under a weight.

CHAFING IN INFANTS is very often due to neglect of proper cleanliness, and the wrinkles of the neck and parts behind the ears become chafed. To remedy this the excoriated parts should be bathed two or three times a day, and then dusted with violet powder.

CHAPPED HANDS.—It must be remembered first and foremost that it is absolutely essential always to dry the hands carefully after washing, then apply a mixture of equal quantities of sweet oil and glycerine.

CHARCOAL (Suffocation by).—A person overcome by the fumes of charcoal or coke should at once be removed to the open air. Water should be thrown over his face and chest, and the chest should also be briskly rubbed, and a smelling bottle held to nose.

Miss Stacey replied to a final question, "No, mine was not a case of faith healing. Before I



At Death's Door.

commenced Dr Williams' Pink Pills I was very doubtful of being cured by any medicine, but I took them, partly to please father and partly because I was too weary to refuse. I have never been sorry that I did, and I will continue to recommend them."

A DAUGHTER OF MINE HOST.

How She was Cured of Anæmia.

IN Sheffield, the case of Miss Margaret McCain attracted attention, as her public statement in the press furnished ample confirmation of the cure of Anæmia by Dr. Williams' Pink Pills. She resides with her parents at 64, Howard Street, Sheffield, her father being a well-known hotel proprietor. To a *Sheffield Weekly Independent* reporter she stated: "My illness began about a year ago, with a gradual loss of appetite brought on by bloodlessness. I could not eat well, and then of course, began to lose my strength. I had constant headache; it was more and more fatiguing to me to stand

at my work, and the state of my nerves was such that I trembled whenever anybody spoke to me. Many people noticed how ill I looked, and plenty of advice was given. Where I should have ended, if I had followed it all, I don't know. But one day a friend (the lady in whose house the interview took place) suggested that it would be a good thing if I gave a trial to Dr. Williams' Pink Pills, which we had often read about in the papers. Besides that my friend had personally known them to do good in several cases.

"After a lot of persuasion I was induced to get a box, and I took all the pills as directed. I did not get any relief, and feeling disappointed, I left off taking them, but nothing seemed to do me any good. I was still the same; always tired, full of pain, and unable to eat with any appetite. Then I took up again with Dr. Williams' Pink Pills, and determined to give them a fair chance. To my great delight I began to feel a change for the better, and though the improvement has been gradual I have never gone back, and I now feel quite well and strong again."

DANGER SIGNALS.

In view of the frightful prevalence of anæmia and insipient consumption among young English girls and youths, we earnestly ask attention to the following Signs of Anæmia (bloodlessness).

Put down the eyelid; if pale and bloodshot, it is a sign of anæmia. Lack of colour in the lids and gums is another sign; also pallor of the face, indigestion, feeble appetite, palpitation and shortness of breath after slight exertion, languor, "laziness," low spirits. Dr. Williams' Pink Pills have cured thousands of severe cases. Anæmia if not checked, becomes consumption.

CHEESE may be kept from moulding by the simple expedient of rubbing the cut part with butter and covering with paper. Of course cheese should be kept in a dry place.

CHICKEN-POX.—The eruption first appears on the body but spreads rapidly. The typical rash consists of red pimples which ripen into vesicles, these burst and dry up. There is no pitting, unless they are scratched. The treatment consists of light diet and warmth. The period of infectiousness is three weeks from the commencement of the disease, if every scab has fallen off, and no child should be admitted into a school under a shorter period of absence. After recovery give Dr. Williams' Pink Pills to build up strength. Dose for children of five to ten, half a pill.

CHILDREN'S MEDICINES.—No drugs that act powerfully on the stomach and bowels (such for instance as Epsom salts) should be given to children as a rule. Where an aperient is needed, a quarter of a Scavilline pill, broken into small pieces and given with a drink of water, may be used for a child of five. Half a Dr. Williams' Pink Pill at a dose is a good tonic, and may be given twice a day after food.

CHILDREN'S NOSES.—Some children have a mania for putting beads and buttons up their noses; when this occurs, a good plan is to place mouth close to child's mouth, and blow as hard as you can. The button will fly out.

CHILLS.—The most effectual means to combat a chill is the immediate use of a hot bath, or the immersion of the feet or legs in warm water. The patient should then get into a warm bed and take a hot drink.

CHILBLAINS.—Dry the hands or feet carefully after washing. The local application of any grease is very soothing; but very often the tendency is constitutional, and Dr. Williams' Pink Pills should be taken to improve the circulation of the blood.

CHINNEYS, should never be blocked up, whether a fire burns in a grate or not, as they secure the most usual, most necessary, and most convenient method of ventilation.

CHIMNEY ON FIRE.—Keep all the doors and windows tightly closed, and hold before the fireplace a wet blanket, or some other woollen article, in order to prevent the air reaching the chimney and causing a draught.

CHLOROSIS.—Called green sickness, because of the green tinge it gives the complexion. It affects young anæmic girls. Symptoms: debility, palpitation, pain in the loins, etc. Tonics should be taken, with outdoor exercise and wholesome food. For this complaint Dr. Williams' Pink Pills for Pale People are known to be a remedy.

CHOKING.—Remove obstruction with the fingers; failing this smack back violently, or force obstruction (if small) down gullet. If a child, hold up by heels and shake violently. Tickle throat with feather to induce vomiting. Do not give up, even if the patient is insensible. It is a good plan to break the white of an egg into a cup and give it to the patient to swallow.

CHOKED DAMP.—A miner's term for carbonic acid, not to be confused with the explosive fire damp. In cases where miners are almost suffocated by this gas, resort to artificial respiration (see drowning), give cold douch and stimulate.

CHOKING (by poisonous gases).—Expose face and chest to air, raise head, pull forward tongue, apply vinegar to nostrils, and smelling salts or ammonia. Resort to artificial respiration. Do not give stimulant till breathing is restored.

CHOOSING A HOUSE.—Four points should be looked to particularly. (1) The soil on which it is built. (2) The air to which one will be exposed. (3) The water with which it is supplied. (4) The condition of the drains.

CISTERNS.—It is a wise precaution to have these cleaned out periodically, particularly after the summer holidays when the water has been allowed to stagnate. Entirely empty them now and then.

CLARIFY DRIPPING by pouring it while hot into a basin containing cold water. When hard remove top, scrape underneath and it is ready for use. Butter may be clarified in the same way.

CLEAN A FRYING PAN (To).—Pour in hot water, let it boil up and stir it well. Then wipe dry. If a smell remains in the pan from fish or onions put oatmeal in the pan and shake it over the fire till the meal scorches.

CLEAN GILT FRAMES, with a sponge dipped in spirits of wine or oil of turpentine. Do not wet the sponge too much; just enough to remove the dirt. Leave to dry.

CLEAN LEATHER CHAIRS.—The cushions should first be rubbed with a damp cloth and then wiped quite dry. Beat the white of an egg to a stiff froth, and apply quickly with a soft rag to the chair covering.

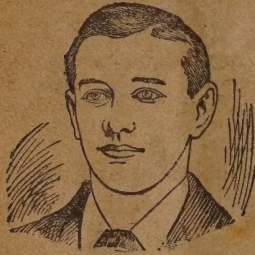
CLEANING CLOTH.—Dissolve a lump of ammonia size of walnut in teacupful of water. Sponge clothes well with this (brush if very dirty) and hang in air to dry. This will restore colour. Press with hot iron over damp cloth.

CLEANING WINDOWS.—This may be done very effectively with a chamois skin, or with a little methylated spirit, which is a method much used by contractors.

EVEN CONSUMPTION CAN BE CURED.

Spitting of Blood is always a dangerous thing. If it is followed by a Constant Cough, Profuse Perspiration at Night, Loss of Weight, and Pain in the Chest, you are in a Consumption! It is not incurable, if taken in time: Dr. Williams' Pink Pills have saved many lives which would otherwise have been lost.

MR. JOHN DAVIES, Collier, of 23, Elm Street, Troedyrhiw, Merthyr Tydvil, South Wales was undoubtedly cured of Consumption by Dr. Williams' Pink Pills for Pale People. Mr. Davies' case is one of the newest and most important of the many cures of Consumption effected by this medicine. His story is corroborated by the thorough investigation made into his case by a reporter of the *Herald of Wales*:



JOHN DAVIES.

Who had a remarkable escape from consumption's clutches—thanks to Dr. Williams' Pink Pills.

"I was very sceptical about them at first, but my friend assured me that he knew of several people who had become physical wrecks owing to the ravages of consumption, and whom Dr. Williams' Pink Pills had been the means of restoring to complete health. But I said I had always thought the disease was incurable, and knew two or three people who had died from it myself.

CLEANING OILCLOTH.—The best thing for cleaning linoleums, oilcloth, and tiles, is sour milk.

CLOSED-UP-EAR.—The usual remedy is to blow the nose vigorously and endeavour to force a passage, but relief will be obtained by syringing with warm water; hot applications if used should be around the ear, but not over it.

CLOTHING ON FIRE.—Do not rush about madly, and lose presence of mind. Snatch up a table cloth, or rug or carpet, and wrap up the victim tight. Or if alone and this is not possible, roll over and over on the floor.

CLOTHES LINES ought not to be left out of doors when not in use; they should be carefully dried and wiped and put away, otherwise they will soil and mark the clean linen.

COFFEE is a direct stimulant to the nervous system, and a powerful preventative of loss of heat, it therefore should be taken on occasions of exposure to cold.

COFFEE IN THE SICK ROOM is a powerful deodorant. The best way to employ it, is to freshly pound the coffee in a mortar (if no mill is at hand), and sprinkle the coffee on red hot iron surface. The fumes will immediately have desired effect.

COLD (To avoid).—Accustom yourself to daily sponging with cold water and a brisk rub down. Air sheets carefully, opening them out properly on the clothes horse. Wear light woollen garments next to skin. Breathe through the nose, avoid sudden changes of temperature.

COLD (Overcome by).—When overcome by cold the patient becomes giddy, blind, weak and stiff, his pulse falls, respiration grows weak. Employ friction, do not place him too rapidly under the influence of heat. Give warm coffee, with brandy. Send for doctor.

COLD ON THE CHEST.—A good ointment is made as follows: take one quarter of a pound of lard, and clarify it; when set, remove from water and put into a jar, and add a large piece of camphor. When dissolved, stir well. Rub in. Taylor's Nasal Balm applied inside nose and snuffed up, is an excellent remedy.

COLD FEET IN BED.—You cannot sleep if your feet are cold. Sleep commences at the extremities, so keep feet warm. Before going to bed pace up and down the room, and get the feet in a glow. A hot water bottle may be used with advantage, or socks can be worn in bed where necessary.

COLD WEATHER.—Do not take an extra amount of spirits, and particularly not hot spirits. Wear woollen clothing, and eat good solid food and plenty of oils, fat and butter.

COLD IN HEAD.—The treatment is generally very simple, and may be confined to a hot bath for the feet, and some warm gruel. Go to bed—keep warm.

COLOURS TO WEAR IN THE SUN.—In guarding against the effects of the direct heat of the sun, the colour of the outer garment is all important; white is best, then in order grey, yellow, pink, blue; black is worst.

COLOURED ARTICLES (To wash).—Boil a quarter of a pound of soap until nearly dissolved, then add some alum and boil with it. The articles to be washed in this lather, but not soaped. Put alum also in second water.

COMBS can be cleansed by working a piece of cardboard between their teeth, and afterwards rubbing the comb well with a flannel.

COOKING SMELL.—A little cedar sawdust if thrown on the top of the range will prevent the smell of cooking rising from the kitchen to other parts of the house.

COPPER UTENSILS.—Nothing should be allowed to get cold in copper vessels for fear of poison. In poisoning from copper pans, give an emetic Ipecacuanha wine, or warm salt and water with mustard in it.

CORNS should be pared with a sharp knife or filed down. Strong acetic acid may be applied, but carefully avoid burning other parts. Give up wearing tight boots.

CORNS. (Danger in cutting).—The slightest injury to the feet of individuals afflicted with kidney disease is liable to cause fatal gangrene, and such persons are cautioned against cutting their corns.

COUGH.—Boil an ounce of whole linseed in a pint of water, strain, and add a little honey, the juice of two lemons, and one ounce of sugar candy. Drink hot.

COUGHING PAROXYSMS.—When all other remedies have failed, it will often be found that a paroxysm of coughing may be arrested by a tablespoonful of glycerine in a wine-glass of hot milk.

COURT PLASTER requires some judgment as to its use. It may be used for light wounds with perfect security; for deep wounds, however, apply strips only, so as to keep edges of wound close and leave room for the secretions of the wound to escape.

CRACKS IN FLOORS.—Shred up old newspapers and soak in paste to which a little alum has been added. Force into cracks with blunt knife. It will become very hard.

CRACKS IN WOODWORK.—Stop with putty to which a little Japan black has been added. Putty so treated defies weather for years.

'Well,' said my chum, 'if they died it is because they never tried Dr. Williams' Pink Pills,' and he was so confident that in the end I promised him I would take some.



His painful cough.

I put on flesh at a remarkable rate, and a few weeks later had so completely regained my health that I was able to resume my work underground, and have continued it uninterruptedly ever since.

"I feel robust too," Mr. Davies concluded; "in fact I have never felt so well as I have during the past two or three years, which ought to be sufficient proof that my cure was permanent."

IN DANGER OF DEATH. A Consumptive's Cure.

MR. EDWIN JONES, of Harvington Rd., Vale of Evesham, was in consumption's grip when he tried Dr. Williams' Pink Pills.

CRAMP IN STOMACH.—Rub the stomach in a circular direction; then, if cramp is severe, apply a flannel soaked in turpentine, and take some ginger in very hot water.

CRAMP IN LEGS.—Kick out the leg; at the same time press down the heel as much as possible, and draw up the toes. If done promptly this will stop an attack of cramp. Another remedy is to stand on cold hearth.

CRAMP WHILE SWIMMING.—Turn over on back and kick the cramped leg violently in the air, at the same time pressing down the heel and keeping the toes turned up.

CRAPÉ (To restore).—Crape should always be carefully dusted before putting away. It may then be sprinkled with alcohol till quite damp, and then rolled up lightly with newspaper between folds. Leave to dry.

CREASES IN BOOTS may be remedied by putting them on their lasts, and polishing them quickly with a shank bone of mutton. The leather will thus be kept soft.

CRICKETS may be destroyed by leaving about at night a saucer containing the dregs of tea or of beer, with sticks of wood on the edges, resting on the hearth. Its effectiveness will be seen in the morning.

CROUP.—When the child is seized with an attack, send for doctor, telling the messenger to state what is the matter. Do not place in warm bath except by doctor's orders. Keep air in room moist by boiling kettles vigorously on fireplace. Sponges wrung out in hot water may be applied to throat. Vomiting gives relief.

CROWDS.—It is best in a crowd to keep the arms straight down at the sides, and present the sides of one's body to the quarter whence the pressure is coming. Go with the crowd, do not resist it.

CRYING BABIES.—The crying is not necessarily caused by pain or cramp, sometimes it is the mere desire to exercise the lungs, sometimes it is due to inherited nervousness. Learn to distinguish between the different kinds of crying.

CUT FLOWERS.—To keep them fresh, add a little carbonate of soda to the water in which the flowers are.

CUT FLOWERS FOR WINTER.—Cut good buds nearly opening, leaving stalks three inches long. Cover ends with wax and let buds dry. Wrap separately in soft paper and keep in dry place. When required cut off waxed ends and put stalks into weak solution of salt or saltpetre and water. Do this at night, the flowers will bloom probably by morning.

To a representative of the *Evesham Journal* he said that for some time he had suffered from internal hemorrhage and a distressing cough, and was unable to retain his food on his stomach. Remedies of various kinds were tried and a doctor consulted, who was not only skilful but also most kind and attentive, but despite all, he gradually wasted away, and his friends despaired of his recovery. But Dr. Williams' Pink Pills were brought to his notice and a trial brought immediate good effects. The wasting away was stopped and he progressed nicely towards recovery when he unfortunately broke his leg. This threw him back considerably, but he continued taking the pills and found that if the progress was slower than before the accident, it was also sure, and in time he became quite well without any sign of consumption. "They saved my life" is the way Mr. Jones briefly summed up the matter, and his wife corroborated.

SPECIAL NOTICE to those taking Cod Liver Oil.

Dr. Williams' Pink Pills may be used at the same time as cod-liver oil with marked advantage. We are often asked the question whether Dr. Williams' Pink Pills may be taken when some other medicine is being employed. In nearly every case there is no possible objection but it is wise to have the doses of the two taken as far apart in time as possible. For instance, Dr. Williams' Pink Pills being used to best advantage immediately after meals, take your other medicine if you are using any, or your cod-liver oil, midway between meals, so that the two may not clash.

CUT GLASS (To polish).—Ordinary glass is best polished with newspapers, one moist and one dry; but cut glass presents more difficulty; it should be sprinkled well with sawdust, and then rubbed with the ordinary chamois skin.

CUT THROAT.—An attempt at suicide in this way frequently fails, but there is usually much loss of blood. Sponge part with cold water. Bring loose flaps into their natural position, apply compresses, and fasten with handkerchief. Call doctor.

DAMP BED.—This may be tested in an emergency by putting an ordinary looking glass between the sheets, and if on withdrawing it the glass is dulled, it is a sure sign that the bed is damp.

DAMP CUPBOARD.—If you have a cupboard in the house, which you cannot use because it is damp, remember that a dish of quicklime left in the cupboard for a few days will remove the moisture.

DAMP HANDS are ruinous to gloves, and disagreeable to everybody. They should be treated with sublimate of bismuth as a powder. The hands should be washed, and afterwards this powder must be rubbed well in.

DAMP HOUSES (near undrained land).—It has been shown that it is quite possible to improve the atmosphere in such conditions by the planting of the laurel and the sunflower. The laurel gives off ozone, and the sunflower destroys the malarial condition.

DAMP LINEN.—If you have of necessity to put on damp linen it is best to keep in constant motion. Keep away from fires, or draughts, or warm rooms, remembering this may save a dangerous chill.

DAMP WALLS (Spoiling wall papers).—These ill-effects may be corrected by covering the damp part with a varnish formed of naphtha and shellac. Its smell is unpleasant for a time, but the wall will be covered with a hard coating impervious to damp.

DEADLY NIGHTSHADE (Poisonous berries often gathered by children).—Treatment: immediate use of stomach pump or an emetic of mustard and water. Send for a doctor at once.

DEAFNESS when due to an accumulation of wax may be relieved by syringing with hot water and soap. When due to collapse of the tympanic membrane, an ear-drum should be used. Very frequently deafness or ringing in the ears is due to a condition of general debility, and Dr. Williams' Pink Pills will improve the health.

The Coming of Baby.

Women who suffer from Extreme Weakness can be greatly strengthened by Dr. Williams' Pink Pills.

A MISERY which the gentler sex are often called upon to bear is the weakness which in many cases follows childbirth. The matter is one of great delicacy, and it is pleasing to read the courageous and delicate words of a Welsh mother, given to a reporter of the *Merthyr Express*, for the benefit of her suffering sisters. The lady is Mrs. Ellen Flynn, wife of Mr. Thomas Flynn, of 71, Upper Brecon Road, Cefar Bridge, Methyr Tydfil. Mrs. Flynn said:—"I am 31 years of age, and the mother of five children, some of them you see there. After my last confinement I was as weak as anyone could be for four or five months, but now I am all right again, thanks to Dr. Williams' Pink Pills for Pale People. This is the essence of the story:—



Her five children.

"From the time the baby was born until a few weeks ago I was terribly ill. After other confinements I seemed to do fairly well, but after the last one it was different. The chief symptom was my extreme weakness, as a result of which I was continually fainting away. I was utterly unable to do the least bit of work in the house—yet, see me now how strong I am. For three months I was a helpless woman, and although I had a very kind and skilful doctor, and took plenty of medicine, I became steadily worse. In the mornings I felt too bad and weak to get up, and even if I did come downstairs I was obliged to sit in a chair all day long, and there I was until I went to bed again. My husband did not know what was the matter, or what would cure me, as I had tried almost everything we could think of. Sometimes my heart would palpitate as if it would burst its bounds, and would keep me awake all night. I had a great deal of dropsical swelling in my feet and legs and whenever that came on I could not stand up. I was in an awful state.

"One morning, about five months ago, a little book was pushed under the door giving experiences of a number of people who had been cured by taking Dr. Williams' Pink Pills for Pale People. I happened to read a couple of the articles, and one case was exactly like mine.

"We agreed at once to send for a box, and give them a trial. I took two pills three times a

DEATHS must be registered within five days at the District Registrar's Office, and doctor's certificate as to the cause of death must be furnished.

DEATH (Signs of).—The absence of pulse or suspension of heart's action is not reliable. Tie a string tight round the finger; if the person be living the part beyond the constriction will become red, then bluish; if dead this change will not take place. Hold mirror to mouth, if living moisture will show. Push pin into flesh, if dead the hole will remain, if alive the hole will close. Hold fingers before strong light, if alive they will appear red, if dead, dark.

DEBILITY.—In a case of this kind, and generally speaking, the diet should be wholesome and nutritious. Exercise regularly and briskly. A flesh brush can be used with advantage. Use Dr. Williams' Pink Pills.

DECAYED TOOTH may be filled at home, though it is advisable to go to a dentist. Take a small piece of gutta-percha, drop it into boiling water, break off a small piece, press it into the tooth, and harden it with cold water.

DELIRIUM.—One thing should be remembered, particularly in violent cases; one must be firm but kind to the patient. Do not hector or bully, but obtain a mastery by moral force. Do not let patient hurt himself.

DESTROY INSECTS ON ANIMALS.—A wash made of the water in which potatoes have been boiled is a sure means of destroying insects in animals. The application must be repeated two or three times, but is effectual.

DIAMONDS (To clean).—Wash stones with soap and water, and dry. Get some good blotting paper, roll it to a point and carefully pick out all the corners of the setting.

DIAMONDS (To test).—Place wax on back of stones. This will not affect the brilliancy of good stones, but will make imitations look worthless.

DIARRHŒA.—The symptoms are often very alarming, so that the patient may even suspect cholera. Put the patient on a milk diet, and send for a doctor.

DISCHARGES FROM EAR are commonly met with in children, and are a sign of constitutional weakness generally. The ear should be syringed with a warm solution of boracic acid, and Dr. Williams' Pink Pills given to improve general health.

DISH COVERS (To clean).—Wash in plenty of soap and water, then take some sweet oil on a rag and rub the inside of the covers. The outside must be rubbed with finely powdered whiting, and polished with a leather.

DISINFECTANTS.—Remember that the sprinkling of perfume, or burning of paper, pastilles, or coffee, will disguise a bad smell, but will not give or make fresh air; fresh air can only come from outside, so see that room is properly ventilated.

DISLOCATED SHOULDER JOINT.—Get hold of the lowest bar of a five-barred gate, hold fast, and let the whole weight hang on the other side of the gate. If an attempt is then made to change position slightly, the bone will probably slip into position. If not, go to the doctor.

DISLOCATION OF THE JAW.—Carefully bandage your thumbs, and pad them well. Then insert thumbs in patient's mouth, and press down the back teeth, at the same time pressing up chin with fingers. The lower jaw will slip back with a jerk. If this fails, send for doctor.

DISTEMPER IN DOGS.—If distemper attacks young dog in warm weather, allow him to run about on grass as much as possible, and let diet be good. Sulphur should be given with food. Avoid cold and damp.

DISTRESS FOR RENT.—The outer door must not be broken open for the purposes of distraint; neither can distress be made between sunset and sunrise, nor on Christmas Day, Good Friday, nor Sundays. Once inside, the inner doors may be broken down.

DOG BITES.—If you are sure that the dog is suffering from rabies, tightly bandage above and below the bite, and if a doctor cannot at once come, cut out the part that has come in contact with the dog's teeth. Wash wound under cold water tap; cauterize.

DOGS (Medicine to).—A liquid medicine may be given to dogs by simply pouring it into the loose folds of the jaw, and not directly down the throat, but the mouth should afterwards be held closed. During operation hold dog between knees. To open mouth press lips against teeth at the back.

DOORS SQUEAKING may be prevented by rubbing a little soap, tallow, or black lead, on the hinges; or sweet oil may be applied with a feather.

DOORSTEPS.—Use pipe clay instead of hearthstone. It will not rub off, and will keep clean three days. A little blue with the clay before using improves colour.

DRAINS.—In examining drains begin with cellar, see that grids are cemented firmly to the floor, and in order to detect whether there is any escape of sewer gas, hold lighted taper over traps and watch for any draught.

day until the box was finished. I felt ever so much better when I had been taking the pills a few days, and we decided to continue Dr. Williams' Pink Pills, and give them a fair trial. We bought another box, and I took them in the same way, and I have purchased four more boxes, but the last four I took in the smallest doses, one pill at a time, and I have several left. I feel a different woman altogether. The rapid beating of the heart has ceased; I can go anywhere now and do my household duties and other work with pleasure. I believe Dr. Williams' Pink Pills for Pale People, and nothing else, have cured me. For eleven years, off and on, I have suffered from the remains of an attack of rheumatic fever and from inflammation, and the confinements, the doctor said, caused my heart to be so bad. But now," Mrs. Flynn declared with emphasis, "I am like a different woman. These pills have made my life a pleasure to me. I feel as strong as ever I did in my life before my first illness, and I can eat as heartily as ever I did in my life."

ANOTHER WOMAN'S STORY.

Dr. Williams' Pink Pills Restored Her Strength.

ANOTHER woman who experienced extreme weakness for a long time after confinement—in fact, seemed unable to regain her strength until she tried Dr. Williams' Pink Pills, is Mrs. Sarah Arnold, of 24, Newington

DRAUGHTS.—From doors, are best avoided by obtaining some rubber tubing, or ornamental leather and tacking it to where the defect is; with regard to windows, a sand-bag may be laid along the sashes.

DRAWINGS.—Pencil and charcoal drawings may be made permanent by dipping them in new milk. Drain thoroughly and dry under weighted blotting paper.

DROPPING AN INFANT.—When a nurse drops an infant, it is important to send for a doctor at once; do not delay. Have the child stripped, and thoroughly examined; until doctor arrives keep child quiet.

DROPSY (Points out).—Do not forget the following rule: dropsy of the feet alone means diseased heart; dropsy of the abdomen alone means disease of liver; dropsy of the whole body means disease of kidneys.

DROWNING.—When in danger of drowning and not able to swim—turn over on the back, keep cool, and paddle gently with the hands. The legs will slowly sink and you will feel yourself standing upright in the water, continue paddling, with head thrown back to utmost. Breathe deeply but with caution, so as not to inhale water.

DROWNING.—Carry body face downwards, with head raised; handle gently; strip body, rub dry; wrap in hot blankets. Induce breathing by raising the arms slowly above the head, and then quickly lowering them and pressing them into the sides of chest. Give brandy.

DRUNKENNESS (Unconsciousness from).—Place patient on his side with the head slightly raised. Do not allow him to lie on his back or on his face. Loosen clothes about face and chest. Induce vomiting by tickling throat with feather, or give an emetic of mustard and water.

DRYING CLOTHES.—See that the pegs and clothes line are clean. Do not hang dyed or printed articles in the sun, but in the shade. Muslin should be stretched as smooth as possible. Heavy articles dry better on two lines.

DUST IN THE EYE.—Close the eye and blow the nose violently. Draw down the lower lid and remove the dust with the corner of the handkerchief. If the eye becomes inflamed, drop in one drop of castor-oil; exclude light.

DYING FIRE may be stimulated by a handful of moist sugar or a few well-dried potato parings. A couple of handfuls are sufficient, and this is worth remembering, when fighting the fire; often there is difficulty in obtaining wood for the purpose.

EARACHE.—A little sweet oil should be dropped into the

Street, Hawthorne Avenue, Hessle Road, Hull. To a *Hull Daily News* reporter she said:—

"I never was a strong woman, but after the birth of my first boy I became too ill to do anything. My heart was seriously diseased, and I suffered from shooting pains down my left side and at the back of my left shoulder, so that I could not raise my arm above my head. Very soon it went to my right side also, until it became as bad as my left. When my second child was born it was thought that I would never recover. I was racked with pain, and too weak to move."

"Did you not try anything for your trouble? naturally asked the reporter.

"Yes, I tried dozens of things, but nothing seemed to do me any real good. People said I was partly paralyzed. I am sure I did not know what to do. I owe my cure entirely to Dr. Williams' Pink Pills for Pale People. It is to them that my present healthy condition is due. I had barely got started with the second box when I found myself a changed woman, and I foolishly stopped taking them before I was really cured. I was alright until I got a bit of a cold on my chest, which afterwards turned to a cough. Then the old pains came on again. It was like some one sticking knives into my back. I again went back to Dr. Williams' Pink Pills, and you see what they have done for me. I have never been so well. I am perfectly cured of the old troubles. The pains gradually went away. I have become stronger. I continued the pills until I was thoroughly well, and there has been no return of the trouble."

ear, and cotton wool inserted to keep out cold air. The ear should be syringed with warm soap and water if inflammation is due to presence of wax.

EAR INFLAMMATION often causes an abscess. This may end fatally. The ear should be syringed with hot water. If inflammation is severe, call doctor.

EARWIG.—If an earwig or any living insect creep into the ear, the patient should be laid on his side, and sweet oil or warm water should be poured into the ear from a teaspoon. This instantly kills insect.

ECZEMA.—The treatment should be constitutional not local. Plain food and regular exercise. Soap and washing in water must be avoided, boracic acid may be applied as a soothing powder, and Dr. Williams' Pink Pills taken regularly till cured.

EGGS.—Hold them to the light, candle-light preferred; if they are clear they are fresh, if clouded they are stale; if they have a black spot throw them away.

EGGS (Preserving).—Eggs may be preserved for a short time by putting them in a jar of salt water or lime water, with the small end downwards. If greased well with suet mutton suet and packed tightly in a box, small ends down, they may be kept for several weeks.

EMETICS are used to make the stomach empty its contents. They are useful in cases of poison. The handiest emetics are warm water with mustard in it, warm soap suds, warm salt and water, and ipecacuanha wine.

ENEMAS.—A purgative enema in an emergency can be made simply by pouring one and a half ounces of castor-oil into a small basin of hot water, and then lathering some soap in the water, at the same time mixing up the oil and water. Inject into bowels with an enema or syringe.

ENLARGED PORES are a disfigurement, and apt to become incurable, so should not be neglected. Rub in a lotion of twenty grains of sulphate of zinc in an ounce of rose water and an ounce of eau de cologne.

ENTERING VAULTS.—Do not enter a vault or damp place which has not been exposed to air without leaving door open for some time. If a light will not burn in the vault, on no account enter, or you will assuredly be choked.

EPILEPTIC FITS.—See Fit.

ERYSIPELAS.—Apply an ointment of lard and perchloride of mercury, or boracic acid may be dusted on the part. If delirious apply ice to the head. In chronic erysipelas give Dr. Williams' Pink Pills.

HE GAVE UP HIS CRUTCHES.

Loss of Power and Sensation in a Limb is an indication of Paralysis. Sometimes there is a distinct stroke: the face is distorted, and all one side of the body affected; there follow acute pains darting through the muscles, Permanent Lameness, Staggering, and Complete Disability. Dr. Williams' Pink Pills cure Paralysis.

GLOUCESTER people were, not long ago, greatly impressed by the strange case of a well known inhabitant, Mr. William Henry Martin, of 55, Park-end Road, Gloucester. A short time ago Mr. Martin was confined to his bed a helpless cripple, and that he is walking to day, after having been given up by doctors, he owes to Dr. Williams' Pink Pills for Pale People.

When visited, Mr. Martin apologised for being in his shirt sleeves, as he had just come in from doing a bit of amateur gardening. Asked for particulars of his case, Mr. Martin began by saying that he was twenty years of age, and a tailor by trade. He went on: "Since April, 1901, I have suffered from paralysis in the legs, and was obliged to keep to my bed for two months. I could not get any sleep for the violent pain in my chest. I had lost all feeling and the entire use of my legs, and in spite of all that doctors could do (and I had the best available, and could not have been more skilfully treated) they gave up all hopes of my walking again. I tried all kinds of advertised remedies, but one and all entirely failed to do me any good until I was cured, unexpectedly to myself, after taking Dr. Williams' Pink Pills."

"Seeing the brisk way in which you opened the door to me, and get about the house, it is evident you have completely deceived medical opinion," the reporter remarked.

Mrs. Martin told how the cure came about. She had been telling the story of her son's illness and helpless condition to a sympathetic neighbour, who advised her to try Dr. Williams' Pink Pills for Pale People, as, she said, she herself had derived great benefit from them.

"I accordingly did so," continued Mr. Martin, "and before I had finished the first box my appetite came back and the violent pain suddenly left my chest. I persevered and took four more boxes, and one day I thought I would try to get across the room on crutches, and to my great



No Crutches now.

ESCAPING GAS.—Do not look for the leak with a light. Instead mix soap and water, and apply with a brush to gas pipe. If any escape, bubbles will at once betray the leakage.

EXECUTOR'S DUTIES are to bury the dead, to prove the will, to dispose of the assets, first paying the funeral expenses, the King's taxes, rates, etc.; debts on special contract as rent, debts on simple contract as promissory notes, each in their proper order.

EXERCISE should be taken every day, in the open air if possible, but if not, in a room with open window. Exercise should not be carried to excess, and when fatigue is manifest it is best to stop at once.

EXERTION.—Pain following on long walks, and attacking generally the knees and legs, may be best treated by bathing the parts affected in cold water and rubbing afterwards with a stiff towel. Spirits may be rubbed in.

EXHAUSTED WHILE SWIMMING.—It should be remembered when exhausted that the smallest piece of wood will suffice to keep a man's head out of water. The human body only weighs about one pound in the water. Throw head back well.

EXPOSURE TO WEATHER.—Where this causes illness or exhaustion, treat patient carefully, slowly restoring the functions. Put to bed and keep warm, applying heat gradually. Then give stimulating and nourishing drink. Mustard poultice can be put to feet.

EYE LASHES.—Some eyes are very weak, and the lashes are liable to fall out; they should be bathed carefully in cold water, with a very little boric acid added. Apply vaseline to eyebrows to strengthen them.

EYELIDS sometimes get inflamed, and crusts form on the lids which are red and swollen. The crust may be removed by warm boric acid, followed by dilute citrine ointment (buy at chemist's). Rest the eye and take a tonic.—Dr. Williams' Pink Pills are the best tonic.

EYE POUltICES are condemned by every oculist. Binding a wet application over the eye is very harmful.

EYES. (Weak).—One of the best remedies is cold tea. The eyelids should be bathed in this several times a day, winking a little of the tea up under the eyelids each time.

FACE OR EARS BURNING.—After being out in the wind all day, do not use cold water, but bathe in very hot water, as hot as you can bear; this will be more likely to cool than cold applications.

FADED DRESS (To bleach).—Wash the dress in hot suds and boil till the colour appears gone, then rinse and dry in

sun. Should it still be not quite white, boil again and repeat process, leaving it a day or so in sun to bleach.

FAINTING AFTER INJURY.—It is not an uncommon occurrence immediately after a fracture, for a person to faint away, in which case, the horizontal position, a little cold water, and sal volatile will do what is needful. If seized with shivering fit, put patient into a warmed bed.

FAINTNESS.—Throw cold water in the face and apply smelling salts to the nostrils. Loosen clothes. Keep patient in recumbent position, and give much pure air.

FALLING HAIR.—The systematic brushing night and morning, with a brush not too stiff, will be found one of the best tonics. Whiskey and water has been described as a good wash for the head; soap and shampooing preparations are condemned.

FALL (How to).—Drunken men and children rarely hurt themselves when falling, because they make no attempt to save themselves; they fall with relaxed muscles, in a collapsed heap, and without injury. This art of falling may be acquired, and one sees it practised on the stage.

FAVOURABLE SOILS on which to build a house are gravel, dry sand, chalk and sandstone. Clay is bad; marshy ground unfit. Newly-made ground is as bad.

FEET that give off an offensive odour should be most scrupulously washed, soaking the feet in water to which is added a very small quantity of chloride of lime, sal ammoniac, or boric acid.

FEET (Perspiring).—Be scrupulously clean, change socks frequently, wash feet night and morning in salt water or in water to which bi-carbonate of soda has been added. Dust on some boric acid powder.

FEET (Tender).—A simple and efficacious remedy for those who suffer in this way is to bathe the feet in a strong solution of salt water. Do this every night; dry carefully. **FELT HATS** may be renovated by sponging with benzine or with liquid ammonia mixed with equal quantity of water. Brush well first.

FEVER BLISTERS usually break out on the lips or corners of mouth, and last about eight days. The diet should be carefully regulated, and fluid magnesia taken. Paint with tincture of benzoin. Don't use ointment.

FIGHT.—Once in a fight, "bear it that the opposed may beware of thee." When you hit, hit hard, and not half-heartedly, and get it over quickly. A long fight means much injury to both sides, irrespective of who wins.

surprise I found I could do so. That gave me heart, and it was not long before I could get about on sticks. I still continued taking the pills, and one night I surprised the whole household by walking upstairs by the aid of the baluster. Now I can walk about in the garden, and my breath, which used to be so bad, is much better. All my friends think it a miracle seeing me about again, and no one, perhaps, is more surprised than the doctors who had been attending me. My recovery I attribute solely to Dr. Williams' Pink Pills for Pale People, and I can conscientiously recommend them to anyone who is suffering with the same complaint as I was."

A TORN PAPER.

Led to the Cure of Fits.

WILLIAM JOHN BUCKLER, a shepherd, lives at Snailscroft, Dorsetshire, and his son, William Ernest Buckler—who was formerly affected with fits—is now a strapping lad of twenty years. Mrs. Buckler told the story. The first fit she remembered in her boy was in his infancy. It came just after teething. When twelve years old the fits returned, and he was subject to them off and on up to within the last five months. The fits occurred about once a month, but a short time before his cure they had been more frequent—once a fortnight, and then once a week. He was attended by several doctors, who, however, did not succeed in stopping the fits. He was employed by a neighbouring farmer, but had to give up work because the fits came on so suddenly, and he could not be trusted. The fits used to leave him very prostrate and weak for two or three days.

"How long did the fits last?"

"About ten minutes or so," replied Mrs. Buckler. "He has frequently bitten his tongue, and has suffered much in consequence."

"Well, how is he now?" asked the reporter.

Mrs. Buckler answered "Very much better, looks more himself, and has not had a fit for five months. I attribute the benefits he has derived entirely to the fact of his taking Dr. Williams' Pink Pills. I accidentally picked up a scrap of a newspaper in the house. It contained an account of a young man who had been cured of fits by taking Dr. Williams' Pink Pills, and the symptoms described appeared to be very similar to those of my son. I, therefore, determined to get a box, and I followed the instructions given.

"I saw an alteration almost immediately. His eyes became clearer, his appetite was better, and I could see that the pills were doing him good. He has not had a fit since, and that was five months ago, though formerly he never had less than one a month."

FILES which have become dull-edged through age or dirt, or much worn, may be greatly improved by being left to soak in water for a day or so; dry before a fire afterwards.

FILTERING.—Take a square of white blotting paper and double it over so as to form an angular cup. Open out this very carefully and place in neck of bottle, first moistening end with water. Pour liquid down side of paper for fear of bursting.

FILTERS.—In choosing a filter, choose one that can be easily and thoroughly cleaned. Many people think that the mere use of a filter is a protection, but this is a dangerous fallacy. A dirty filter is worse than none.

FINGER NAIL TORN OFF.—Plunge the finger into hot water. The agony is soon diminished. Wrap finger in bread poultice.

FIRE BUCKETS.—When fire breaks out, better spurt the water on from a pail with a garden syringe, or even a mop, than throw on buckets of water.

FIRE ESCAPE.—A piece of knotted rope long enough to reach the ground should be kept in every bedroom. A hook should be added to one end so that a basket could be let down, also a hook at the other end for attaching to window. Sheets and blankets may be knotted together to form a rope. If forced to jump, a mattress should be thrown out first. To pass through fire, envelop yourself in a wet blanket and crawl along the flooring.

FIRE EXTINGUISHING.—Do not rake out the grate at night, this is neither economical nor safe. When a room gets on fire, close all doors and windows so as to prevent a draught.

FIRE INSURANCE.—When a fire occurs, and the property is only partially destroyed, a claim should be sent in at once to insurance office, setting forth the damage done, and an estimate of the value of the damage put against each article. Be strictly accurate. Clothes airing before a fire are covered by fire policy if burned by any accident.

FIREPROOF.—Children's frocks, after being washed and before being dried, should be soaked for a short time in a solution of tungstate of soda; this will make clothes, when dried, perfectly fireproof.

FIRE LIGHTERS (To make).—Melt together resin and tallow (30z. of latter to one pound of former); when hot stir in enough sawdust to make thick, sprinkle dry sawdust on board, and spread on mixture an inch thick, when cold break into squares.

FIT (Epileptic).—The patient must be restrained from doing injury to himself; the clothing must be loosened. Give Dr. Williams' Pink Pills according to directions. Give wholesome diet (very little meat), quiet, rest. Avoid stimulants. **FLABBY SKIN** is often due to the want of a tonic (Dr. Williams' Pink Pills) if the skin is loose. Alum in water may also be wiped over the face several times a day.

FLANNELS may be prevented from shrinking by putting them before they are first washed, into boiling water, and letting them remain there till the water is cold.

FLAT IRONS, RUSTY.—These may be made beautifully smooth by scouring with dried salt and beeswax.

FLEA.—Many specifics have been suggested for the extermination of these little insects, but none has been entirely satisfactory. Camphor certainly tends to diminish them.

FLIES (To kill).—Beer and treacle should be put into saucers about the room, this will attract the flies and kill them.

FLIES (To rid a room of).—If twenty drops of carbolic acid be evaporated on a hot shovel it will be generally found to drive flies out of the room.

FLOOR STAINS can be made simply of permanganate of potash dissolved in water. When the right shade has been secured, varnish.

FLOWERS when faded may be revived more or less by placing them half way up their stems in very hot water, and left there till cool. Then cut off the ends and place in cold water.

FLUSHING and blushing are habits that may in some cases be constitutional. They may arise from indigestion or from nervousness; in either case, Dr. Williams' Pink Pills will remove the cause. If the cause is liquor it may be avoided and the flushing will disappear.

FOGS.—The harmful results of fogs are best avoided by a respirator, which is better than wrapping things about the neck. A good respirator is made simply out of a handful of cotton wool.

FOMENTATIONS.—Hot fomentations may be given by flannel dipped in boiling water and wrung dry in a towel before applying—a second flannel must be got ready, so that a change can be effected without delay.

FOOTBATH IN BED.—Lay a large bath towel in the bed where the knees come. Slide the bath in and place it on towel. Draw up patient's legs, and bend knees. Place another towel over knees to prevent steam damping the sheets.

This Famous Professor

Was cured of Sluggish Liver, and her Digestion completely restored by Dr. Williams' Pink Pills. Liver Complaint is often brought on by lack of exercise. Bilious Attacks; Chronic Indigestion; Drowsiness; Lack of Appetite; Imaginary Floating Specks before the Eyes; Low Spirits and Ruined Digestion are the signs. Purgatives persistently used render it incurable.

MRS. O. LANDOW, whose conservatory of music is at 160, Ladbroke Grove, Notting Hill, is one of the best known professors of music in London. She is a professor of Trinity College, London, and owing to her prominent position, her statement concerning her cure by Dr. Williams' Pink Pills for Pale People, necessarily carries weight. The *Weekly Dispatch* investigated the case.



MRS. LANDOW,
Cured of Liver Complaint by
Dr. Williams' Pink Pills.

In the interview Mrs. Landow said:—"I have on many occasions sat as many as ten or twelve hours by the side of a piano, but this is too great a strain, and it led to my falling into very bad health. Lack of exercise brought about liver trouble, which was followed by a severe attack of indigestion, and my health was very poor indeed. Instead of being lively and looking forward to my lessons with pleasure I used to feel drowsy and always had a nasty heavy feeling. I was careful with my diet, but after each meal I had severe pains in the lower part of my back. I slept heavily, but each morning I had dreadful headaches, lasting sometimes for several hours. In the morning I felt as though I could go on sleeping for hours. A lump formed under my arm, which I put down to excessive playing on the piano, and at times it was extremely painful, the pain being just as if the lump were burning. I consulted a doctor, who was very kind, and went through a course of treatment. The drowsiness and the indigestion increasing, however, I one day read an account of a lady who had suffered in a similar manner to myself, but who had been cured by taking Dr. Williams' Pink Pills for Pale People. My chemist, who lives close by, said he had heard Dr. Williams' Pink Pills highly spoken of,

FOOTWEARY.—Many professional dancers, acrobats, and pedestrians, to keep their feet in condition use spirit baths. A dash of alcohol or methylated spirit is a fine tonic for the sole. Or plunge the feet in ice-cold water.

FOREIGN BODIES IN THE EAR.—Obstructions are best removed by syringing continuously; sometimes they work out by themselves. If not, send for doctor.

FOUL BREATH may be remedied by a gargle of peroxide of hydrogen (get at chemist's), mixed with water. This will effectually destroy all odours. Parsley water is simpler; cloves or coffee beans may be chewed.

FOUNTAIN PEN (Unscrewing).—When difficult to unscrew wrap a rubber band around the holder, or a piece of string, and hold cap with a piece of sandpaper which will serve to give a grip equal almost to a pair of pincers.

FRACTURED RIBS.—If the fracture is the result of pressure, the lungs usually escape being hurt; if caused by direct blow and the lungs get punctured, the patient usually spits blood or coughs. In this case give ice to suck, and keep in a lying position. Secure chest with firm binder. Send for doctor.

FRECKLES.—Little can be done to remove them. A lotion of olive oil and lime water in equal parts, to which a little ammonia has been added, has proved of value in some instances.

FRESH AIR.—When everything seems to be going wrong, when you are ready to drop, when the children are not feeling well, when you are short of money, when you have grumbled at your wife, go out and take a little fresh air, and you will come back feeling better in consequence.

FROST BITE.—Treatment consists in slowly and very cautiously restoring circulation. The part may be rubbed with cold water or snow, and patient put to bed in cold sheets. Avoid hot rooms or drinks.

FROSTED GLASS (To imitate).—Moisten Epsom salts with gum water and apply to window with rag; this is only satisfactory for dry rooms. Moisten putty well with linseed oil and paint on very thinly, if room is damp.

FROSTY STEPS.—During the frosty weather, when the front steps are frozen and slippery, they may be sprinkled either with coal ashes or with sand. Do not sprinkle salt.

FROZEN WATER PIPE.—A lamp with flame partly lowered placed under an exposed bend of a pipe which is liable to freeze is a simple preventive, and acts quicker than pouring boiling water over pipe.

FRUIT STAINS (To remove).—Hold the article over a basin, and pour boiling water on it. Salt, if applied

promptly to the stain, will serve to keep the cloth damp till it can be treated as indicated.

FRUIT TREES in late autumn should have brown paper bands thickly greased tied round their trunks a foot from the ground. This will prevent ascent of insects, eggs of which injure crops.

FUMIGATIONS.—The fumes of strong vinegar obtained by sprinkling a few drops on a heated shovel are very refreshing.

FUNGUS IN CELLAR.—Fungus in damp cellar causes offensive smell. It may be destroyed by introducing boxes of quicklime to absorb damp.

FUR (To clean White Fur).—Rub the fur thoroughly with warm, dry bran, using a piece of book muslin as a rubber. If this is not successful, try magnesia in the same way.

FUR RUGS (To clean).—Rub with bran moistened with hot water. Afterwards dry with coarse flannel, finishing off with a piece of book muslin and dry bran.

FURRED KETTLES.—It will be found that water will soon form a crust inside a kettle, and it is a good precaution to place a clean oyster shell inside the kettle to attract the particles of earth or stone.

GALL STONES.—Apply local heat; a very hot bath is also a resource not to be neglected. Put patient to bed, and apply hot fomentations. Give very hot water to sip; apply warm flannel binder; consult doctor.

GARGLE (How to).—A mouthful of the gargle should be taken, the head thrown back, and the gargle then set in motion by breathing through it. Do not swallow it.

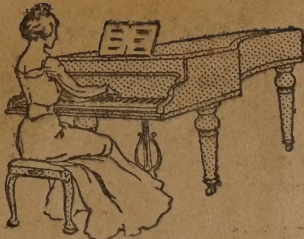
GARTERS if worn at all should be worn below the knees, as the skin can resist the pressure better there than on the fleshy part of the leg. Do not wear them so tight as to interfere with proper circulation. Suspensives are better than garters, and can be got at most drapers.

GAS GLOVES should be washed well with a sponge in tepid water, in which a little soda and blue have been dissolved. Then turn them down to drain, and afterwards wipe with a dry towel and polish with a piece of soft kid.

GAS BURNER (Hissing sound at).—This shows you that the gas is turned on too full at main, and that you are wasting more gas than you consume.

GAS METER.—Gas consumers should refer to their meters from time to time to see that the amount consumed corresponds with the period it extends over, and also corresponds with a previous quarter. Any discrepancy should at once be mentioned to the Gas Company.

"Before I commenced the pills, if I sat down for a few minutes a drowsy feeling came over me, which was followed by a nasty, nervous, jerking sensation, just as if I had sud-



At the Piano.

dently come to life again. The first box of Dr. Williams' Pink Pills cured my indigestion, and by the time I had got through the second box my liver was performing its natural functions. I felt a different woman, and when I had finished my third box the drowsiness from which I suffered completely left me. To my surprise, when I had got through my fourth box the burning pain from the lump under my arm was less severe, and when I began my fifth box it entirely disappeared. I am now completely cured, and I am never troubled even by a slight headache—in fact, I think I have a new lease of life, because the old enjoyment I had when giving lessons has come back."

Taking her seat at the piano, Mrs. Landow executed a very difficult composition with such varying cadence and intonation as is only heard when played by a masterly hand. "There," said Mrs. Landow, "that piece alone demonstrates my complete restoration to health. Six months ago I could not have played that and thrown into it the same feeling nor could I have felt the beautiful effect which

must be produced when one plays a sympathetic piece of music."

ANOTHER LIVER CURED.

MRS. JAMES PERRY, the wife of Colour Sergeant Perry, of 3rd Battalion Durham Light Infantry, stationed at Barnard Castle, was cured of Liver Complaint by Dr. Williams' Pink Pills. The following particulars are from the *South Durham and Cleveland Mercury*.

"Long voyages and changes of climate never affected me badly," said Mrs. Perry, "but about eighteen months ago I became seriously ill, and did not regain my health until, on the advice of a friend, I began to take Dr. Williams' Pink Pills for Pale People, which completely restored me. My illness began with a pain in my back whenever I stooped, and at last I could scarcely do my work. I also suffered terribly from headache, and had no appetite even for the most tempting food. I was dull and languid, and sleepy most of the time. One day I complained to a neighbour in quarters—a Mrs. Harper—about my illness. I had, however, taken quinine and all sorts of things without much effect. Mrs. Harper, whose little girl had been cured of St. Vitus' dance by Dr. Williams' Pink Pills, recommended me to try the same remedy, and I took her advice.

"I procured the pills," continued Mrs. Perry, "and after I had finished five boxes—taking three a day—I had quite regained my usual health and strength. I got eight boxes to start with, but I have still some of them on hand, for feeling myself quite recovered after the fifth box I did not need to take the remainder."

QILT FRAMES.—To prevent flies spotting gilt frames, etc., pour boiling water on onions and let them stand for a week. Strain, and sponge frames with the liquid. Do this twice every spring and summer.

GLASS (To break easily).—Dip a piece of worsted into spirits of turpentine, wrap it round the glass in the direction required, and set fire to the thread; or apply red-hot wire to the glass, and then throw cold water on hot wire.

GLASSES should not be washed in hot water as that may crack them, nor in warm water as that makes them dull. Use cold water, with a little soda, if the glasses are stained.

GLAZE LINEN.—Dissolve teaspoonful of borax in half teaspoonful of boiling water and add a pint of cold starch. Finish off with polishing iron.

GLOVES (To clean).—Clean kid gloves with milk to which a pinch of bicarbonate of soda has been added. Rub when dry with soft cloth. Suede gloves clean with bran.

GLOVES are frequently soiled with perspiration, and it is a good plan to chalk the inside of the gloves. This should be done when the gloves are new and unworn.

GLUE.—A glue to resist damp is made thus: put sufficient common glue in bottle and fill up with whiskey. When dissolved it is fit for use.

GLUE.—To increase the adhesion of glue and make it less brittle, add one part of glycerine to three parts of glue.

GNAT BITE.—When bitten by these little insects, the most efficacious remedy is ammonia applied to the spot. Afterwards put on olive oil, unsalted butter, or fresh hog's lard. These remedies should be well rubbed in.

GOLD AND QILT ARTICLES may be effectively cleaned by washing them in ordinary soap and water, and while wet they should be transferred to a bag containing some clean fresh bran, and shaken well for a few minutes. If very dirty, rub with tooth powder and an old tooth brush.

GOLD may be tested as to whether it is gold as represented by applying a drop of aqua fortis to it: if the fluid remains colourless, the metal is pure; if the liquid turns green, the metal is spurious.

GOUT.—Acute gout comes on quite suddenly. Saline aperients are strongly recommended; radical cure, Dr. Williams' Pink Pills.

GRATINGS left open in a pavement or thoroughfare, or unguarded so that persons may accidentally fall down them, will render the owner of the gratings liable for the amount of damage sustained by the injured party.

GREASE ERADICATOR.—One ounce soap cut small, one quart of water; boil. Add when cool teaspoonful of saltpetre, and one ounce and a half of ammonia; cork.

GREASY PANS should be wiped with soft paper as soon as done with, then filled with cold water, in which there has been put a teaspoonful of ammonia, or a piece of washing soda the size of a bean.

GUMBOIL.—To relieve a gumboil, a homely remedy is to take a thin strip of dried fig, dip it in milk, toast it, and then apply hot to the swollen gum. Relief is speedy.

MEMORRHAGE (bleeding from the nose).—Suck ice and have the nose syringed with ice-water, and lie quite still. Sometimes it is necessary to plug the nose.

HAIR BRUSHES should not be washed in hot water or dried before the fire. They are best washed in soda and cold water and stood on their handles in a draught to dry. This will preserve the bristles.

HAIR FALLING.—If the hair should fall off, a little cocoa nut oil or vaseline should be well rubbed into the roots every night and morning, it makes an excellent dressing. Scented castor oil is also effective.

HANDS.—Dry mustard rubbed on will remove the smell of fish or any disagreeable odour from the hands.

HANDS THAT PERSPIRE.—Sometimes this is due to temporary but sometimes to constitutional derangement of system. It is a good plan to dip the hands slowly into a jug of water and keep them there for a while. The hands will then remain cool for some hours.

HANDS (Red).—May be whitened by using a pinch of chloride of lime added to warm soft water for washing. Remove all rings and bracelets. The wash may be scented by adding any perfume. Take care not to get this mixture into the eyes.

HARTSHORN AND OIL is frequently found in the nursery and if this has been accidentally swallowed by a child force him to drink vinegar and water; or lemon juice.

HAY FEVER.—People who are liable to attacks should not dwell in the country during the summer months, or at least during hay time. Wear a veil.

HEARTHSTONE.—The ordinary hearthstone may be greatly improved by mixing the whitening with milk instead of water, and into the whitening scrape a little blue and mix thoroughly. This preparation will not spot easily.

HICCUGH.—In very troublesome cases, tea may be applied to the throat. In children an emetic may be given, or they may take a piece of sugar saturated with vinegar.

POISONED BY HIS OWN KIDNEYS.

Pains in the Back; Swelling of the Hands and Feet; Dark Bulging under the Eyes; Greyish Colour of the Skin; Loss of Weight; Debility; Diminished Vigour and Energy; are all signs of Kidney Disease, together with another indication which will be obvious to the patient and his attendants. Dr. Williams' Pink Pills cure.

IN the very heart of rural Sussex, in the little village of Laughton, a representative of the *Sussex Advertiser* came across one of the worst cases of kidney disease on record. It was that of a young married man, named G. H. Stepney, residing at the "Birdcage," Stonecross, Laughton,



MR. G. H. STEPNEY.

*Cured of Kidney Disease
by Dr. Williams' Pink
Pills.*

with his wife and two little ones. Stepney himself is a strong built, "likely" looking man, about twenty-seven years of age, and no work has ever come amiss to him. But in May, 1902, the father began to feel a change coming over him. He lost strength, and (in his own words) work went "hard" with him. If it had not been for Dr. Williams' Pink Pills for Pale People, it is likely that matters would have gone badly with him. From his description of his sufferings it is clear that his kidneys had been affected and were slowly poisoning his blood. He had to give up work. Excruciating pains set in his back and also in his legs, which, moreover, became so swollen that he could not put his trousers or boots on. Finally he took to his bed.

"I was," he said, "as bad as I could be. A skilful doctor was called in, but the case presented such extraordinary and unusual features that the skill of the medical man was perplexed. The case was, in fact, what doctors describe as 'interesting.' It was more than interesting—it was vital to me.

Several doctors saw Mr. Stepney, and ultimately an eminent medical practitioner was sent for in consultation. He visited the stricken man, and it was understood that he was suffering from inflammation of the veins, caused, no doubt, by uric acid poison which the kidneys had failed to remove from the blood. But the months passed away, and the unfortunate man began to despair.

"I had given up all hope of his recovery," said Mrs. Stepney, "until a kind friend gave him a box of Dr. Williams' Pink Pills for Pale People."

HEAT-STROKE (Unconsciousness from).—Carry patient into shade, and if in a room carry out into the open air. Raise head and loosen and remove clothes. Throw cold water on the head, neck and spine. Do not crowd round. Give no stimulants. Send for doctor.

HOARSENESS.—A good remedy, appreciated by actors and singers: bake a lemon as one would an apple, squeeze a little of the thickened and heated juice over lump sugar. Borax is an excellent remedy for hoarseness or loss of voice.

HONEY will be found useful to disguise any nauseous drugs; it is frequently employed in gargles; when indulged in freely it has a laxative effect. It is wholesome, but should not be taken in excess.

HOPS when stuffed into a pillow will frequently induce sleep when other remedies have proved quite useless. Hops can be used externally as an anodyne.

HORSE BOLTING.—Do not abandon control, but continue to guide him; as a rule he will mechanically obey the rein, and thus the immediate danger of a collision may be avoided.

HOUSE PLANTS.—To make house plants grow, saturate them every day with the coffee left over from breakfast. Five or six drops of ammonia to every pint of water once a week will make them flourish.

HOUSEMAID'S KNEE.—Caused by kneeling too much. For the early stage, before matter forms on kneecap, poultice with hot linseed poultices; rest.

HUSKY VOICE.—When the voice is husky, it will be found a great relief to bathe face and neck in cold water, and afterwards rub briskly with a rough towel until the skin glows.

HYSTERIA.—In the paroxysms of hysteria, which are sometimes of frightful intensity, requiring several persons to restrain one delicate female, if the patient falls into a comatose condition give a sharp pinch over the instep, and life is instantly manifested.

ICE.—The doctor frequently orders applications of ice, and it is well to know how to apply. The ice should not be in too large pieces, and may be enclosed in an india rubber sponge bag. Keep a second bag ready in reserve.

ICE TO THE HEAD (To apply).—The powdered ice may be put in an indiarubber sponge bag. The ice is powdered by wrapping it tight in one corner of a thick cloth, and dashing it with force against a stone hearth; or the ice may be put inside a soft sponge.

ICE TO KEEP.—For lack of a refrigerator, the ice should

be wrapped in a thick strong cotton cloth, and put in the cellar in a large tub, supported in such a way that the water may run away.

INDIA RUBBER (Hard).—To prevent indiarubber goods getting hard and perishing, wash every two months with water to which a little soda or ammonia has been added.

INFANTILE CONSTIPATION.—In order to move baby's bowels a very useful and happy expedient which has been found reliable in a great many cases, is thoroughly to apply heated castor oil to the abdomen.

INFECTION.—Isolate the patient; hang on outside of doorway a sheet saturated with carbolic water. Those attending should cover their hair with washing caps, dress in washing clothes, and not associate with other persons. Disinfect everything coming out of the room.

INFECTIOUS DISEASES.—Wool, cotton, and other light textures particularly carry disease; hard substances are less dangerous.

INFLAMMATION OF THE MOUTH is often-times found amongst children up to five years. In the great majority of cases attention to stomach and bowels will effect cure. Borax is recommended locally, as in thrush.

INGROWING TOE NAIL.—Cut a V out of the centre of the nail, and push a little piece of cotton wool under the corner where the pain is; renew the wool each day, pushing it further and further out to the side daily as the pain will allow.

INHALATION.—Put the material to be inhaled in a jug with hot water, place it close to the mouth, and cover head well with towel. The plan answers well, and the expense of an inhaler is obviated.

INSANITY.—In cases of this kind it will be found helpful to gain moral control of the maniac, and to divert his attention from the existing train of thoughts. Generally speaking, put him on low diet, administer Scavoline or other purgatives, and during paroxysms give a cold bath. Medical advice is absolutely necessary.

INSECTS.—Sprinkle powdered borax on places infested with insects—black beetles, etc.—and they disappear.

INSECT POWDER.—Set fresh green pennyroyal, dry it, reduce to fine powder, and sprinkle it where you are troubled with moths and other insects. It will drive them away.

INSECT STINGS.—Press the barrel of a key over the part, so as to expose the sting, which must be removed. Cover the part stung with a piece of lint soaked in extract of lead. Give sal volatile.



"Interesting," said the doctor.

"I was as bad as I could be then," said Mr. Stepney, in reply to inquiries made by a representative of the *Sussex Advertiser*, "but after the first box I found that these pills were doing me a lot of good. The poison was being killed in my system. They did not purge my bowels, they made new blood. The pains in my veins ceased, and the swelling in my legs began to go down."

"And you really felt you were on the way to recovery?"

"Yes. I have been cured and I am quite well. Why, I am going to walk to Lewes on Saturday—about seven miles" which is a clear indication of the completeness of Mr. Stepney's recovery.

Anæmia at the Mills.

The heated atmosphere of a cotton mill renders workpeople subject to colds, and sometimes to other diseases, of which Anæmia is one.

VISITORS to Lancashire towns where the cotton industry is carried on are struck by the many pale faces of the girls. Atherton, in Lancashire, is a cotton town. A typical Lancashire working class home is that of Mr. Kay, at 101, Bolton Old Road. Mr. Kay is a miner. His daughter Annie, a good-looking girl of seventeen, works in the carding-room of the Atherton Co-operative Spinning Company's mill. A reporter called upon her to hear the story of an escape from early death, thanks to Dr. Williams' Pink Pills.

"About twelve months ago," Miss Kay began, "I became very ill. I seemed bloodless, and I had terrible pains in the stomach and head, and was very pale and weak. I had to leave my work at the mill and take to bed. My mother called in a doctor, who prescribed for me, but it did me no good. Another doctor told me I was suffering from anæmia and ulceration of the coats of the stomach. I was in bed for six weeks with a second attack. I could eat very little, I slept badly, and my strength seemed to have left me altogether. Then a friend told me that Dr. Williams' Pink Pills cured her of fainting fits, so I tried them. I soon began to feel better. With two boxes the pains in my head ceased, my blood supply increased, and the indigestion left me for good; I could eat well and sleep better; and I resumed my work at the mill. I am quite well, and stronger and heartier than I have been for years."



MISS A. KAY,
Cured of Anæmia by Dr.
Williams' Pink Pills.

INTOXICATION may cause total unconsciousness, really a form of poisoning. In such cases place head in natural position, throw water over face, endeavour to administer an emetic of mustard and water. If necessary resort to artificial respiration until a doctor comes. To do this lay patient on back and alternately raise arms straight above head and press elbows on chest, at the rate of about twenty times a minute.

IRON OR STEEL FILINGS IN THE EYE.—When filings of this description become lodged in the eye it is better not to rub the eyelids, as thereby the objects may become more firmly embedded. The use of a strong magnet will usually prove successful.

IRONING.—Don't iron on a sheet used to cover the board previous week or clothes will be a bad colour. Rub iron with soap, and polish before using.

IRON MOULD IN LINEN.—The spots should be placed over an earthenware plate and moistened. Put salts of lemon on the marks and rub in with a bone, or clean wood. Afterwards thoroughly rinse in warm water.

ITCH is catching and may be followed by eczema. The itching generally appears between fingers and toes. Simple cases are cured by an ointment of sulphur and lanoline or lard. Should this fail, take a sulphur bath.

JAUNDICE.—A mild attack will usually yield to a Scavoline pill, taken at night for a week. The diet should be simple, devoid of milk, fat or sugary articles. Be a teetotaler and do not eat much meat.

JEWELLERY (To clean).—Make a lather of common yellow soap and warm water. Wash the articles in this and brush them well. Wipe them dry and polish with a leather sprinkled with rouge.

KEEP DISUSED TEAPOT SWEET.—It is a good plan when putting away a teapot that will not be used for some time, to put in the pot a few dried tea leaves; this will keep the pot sweet and clean.

KIDNEYS (Diseases of).—In no ailment of the body is heat more beneficial. Use a hot bath, remaining in it for ten minutes. Embrocation rubbed in will give relief; and a mustard and flour poultice may be applied. Drink luscious tea. Take Dr. Williams' Pink Pills.

KID BOOTS (Polish for).—Beat up the whites of two eggs with equal quantity of water and a lump of sugar candy. Use for all fine leather.

KISSING KITTENS.—It is not infrequent that children kiss kittens. This is a practice which may prove very disastrous. It has been shown that animals inoculated with cat's saliva have died in twenty-four hours.

KITCHEN REFUSE should be burnt as quickly as possible, and should on no account be simply thrown into dustbin. If not convenient to burn keep proper sanitary metal bins which can be cleaned out weekly.

KITCHEN TABLE.—Kitchen tables and dressers may be kept snow white by using silver sand and soap frequently.

KNEE (Inflamed).—Inflammation will be relieved by hot fomentations, and the knees should be rested for three or four days. Then friction will restore tone and strength.

KNIVES.—Only the blades should be immersed in water. The handles may be cleaned with a soaped flannel. To restore whiteness of handles, soak them in alum water for an hour, then clean, wrap and leave them in a cloth to dry.

KNIVES (To clean).—Clean table knives with a cork dipped in moistened emery powdered. Polish with wash leather. This wears knives less than any other method.

LACE (To colour).—After the lace has been carefully washed it should be rinsed out in cold water and squeezed perfectly dry. Then plunge it into water tinged with coffee. Take care first to strain coffee through double muslin.

LACK OF APPETITE.—Often after cooking a meal, a person will have no appetite, for this beat a raw egg until light, stir in a little milk and sugar, and season with nutmeg. Drink a quarter of an hour before meals.

LAMPS.—Some lamps, irrespective of the amount of care bestowed upon them in the way of cleaning, always seem to burn dimly. This may be remedied by dropping small pieces of camphor into the bowl containing the oil.

LAMP CHIMNEYS are oftentimes very brittle, particularly the cheaper ones which one buys from some idea of economy. These brittle glasses may be toughened by setting them on the stove in cold water until it comes to the boil.

LAMP CHIMNEYS may be cleaned by holding them over the steam of a kettle first and then polishing them with a soft rag, or a piece of newspaper.

The Nerves of a Child.

School Children are very liable to Nervous Diseases, caused by the strain of study. Watch your little ones for any signs of Nervousness, especially twitching of the hands or jerks of the head. These things are caused by St. Vitus Dance, for which Dr. Williams' Pink Pills are the best cure known.

A GLASGOW paper, in recently discussing school matters, mentioned the prevalence of nervousness among the scholars, and the particularly distressing form it often assumed of St. Vitus Dance. It is interesting to note that one case mentioned by this paper has been cured by Dr. Williams' Pink Pills.



MR. KERR'S LITTLE GIRL.
Cured of St. Vitus' Dance
and other disorders by Dr.
Williams' Pink Pills.

Mr. Kerr, at 55, Wyndford Street, Maryhill, is the parent of a child who had been a victim of this. "There's my daughter Frances," said Mr. Kerr; "she can tell you herself what she has come through."

The child, a healthy-looking girl, about ten or eleven, was quite intelligent enough to answer the visitor's questions. She was, she said, eight years, or perhaps older, when her mother observed the queer movements of her head. As time went on the shaking or twitching rather increased, and the child herself began to notice that she had no control over her head, which would shake violently against her will. Try as she might to keep still she could not do so. Severe pain in the head arose from the continual shaking. If the child went out with her mother people stared at her. At school she was nervous and anxious over her lessons. The teacher did not realise that she suffered from a nervous trouble, and that the shaking of her head became a great deal worse. The nervous twitching sometimes ran down her body, and it was quite a common thing for her to break articles of crockery although she had been handling them with great care. The doctor was called, as the child became much worse, and he said that she must be taken

from school, as she was suffering from St. Vitus' Dance. She had by this time lost all her appetite, and her father and mother were much alarmed.

"Oh, that's true, sir," assented Mr. Kerr. "The nervousness and St. Vitus' Dance were very severe, but her mother, reading accounts of the good that Dr. Williams' Pink Pills had done to others afflicted as she was, thought that the child should try a box. After the first box had

LAMP FILLING.—Do not fill a lamp with paraffin to its utmost capacity, but always leave space for the spirit to expand with the warmth. Otherwise you court disaster in shape of an explosion.

LAUGHTER.—A good laugh is better than medicine. It is a splendid incentive to digestion. It will keep hard wrinkles out of the face; it stimulates the circulation, and is a general tonic.

LANGOUR. is generally of temporary duration and will yield to a mild stimulant such as a few drops of spirits of lavender or sal volatile. The state of the stomach should be looked to. Take Dr. Williams' Pink Pills.

LEADEN PIPES.—If the water is carried through the house by means of leaden pipes, the water should be allowed to run to waste before using in morning, thus getting rid of water that has lain in the pipes all night.

LEAD POISONING arises from a great variety of causes, as lead is an ingredient in nearly all cosmetics, and in the wrappers of many articles of food. The symptoms are colic, loss of appetite, constipation, and in some cases paralysis. Give salt as emetic. Call doctor.

LEAK IN GAS PIPE.—When you discover a leak, get a piece of yellow soap, and rub it on the escape. This will hold temporarily till repaired.

LEATHER (To clean).—Dissolve in warm water a small quantity of oxalic acid and wash the leather with a sponge which has been dipped in this solution. When dry it will appear almost equal to new.

LEMONS (Uses of).—Lemon juice will be found useful in cleaning the nails. The complexion is improved by skin being rubbed with a slice of lemon. Black heads are removed by its use. It is a great cleanser, and few things are better than lemon juice and water in colds.

LICE.—The most simple remedy is the seed of parsley, reduced to fine powder and applied to the roots of the hair; or rub the parts affected with garlic and mustard. Infested clothes should be fumigated with burning sulphur.

LIFE INSURANCE POLICIES.—The premiums should always be paid promptly. A life policy may be assigned to any one during lifetime of insurer; money may be raised on them; and if premiums cannot be kept up the policy can be sold up to the Company for a certain sum called the surrender value.

LIGHTNING. (Struck by).—Raise head, loosen clothes; put a wedge between the teeth to prevent tongue being bitten. Apply cold bandages to forehead. Give no stimu-

lant. Bleed, and apply leeches to the temples. Call doctor.
LINEN (To stiffen).—After ironing linen, place it near the fire, or in the sun, until perfectly dry, as the garments will be much stiffer than if left to dry slowly. This hint is useful with collars and cuffs.

LINOLEUM which has been rolled away and become hard will be softened if left for a few hours near a fire before unrolling.

LINSEED POULTICE.—Linsed should be free from grit. Pour some boiling water into a basin, stir the meal into a consistence; beat the mass smooth and spread it on muslin. Apply it as hot as can be borne.

LINSEED TEA.—Pour two quarts boiling water upon one ounce of linsed, and two drachms of liquorice root sliced; let it stand in a covered jug for six hours, strain and drink as required.

LINT.—If none in the house it can readily be made by taking an old piece of linen, fastening it to a board, and scraping the surface carefully with a knife.

LIPS.—Cracked or chapped lips should be painted with compound tincture of benzoin applied on a camel hair pencil once or twice a day. There are other lotions but this will be found most serviceable. Avoid ointments.

LIP SORES are usually traceable to some stomach trouble, consequently the treatment should be largely confined to setting the stomach right. The swelling may be reduced by cold applications of sal ammoniac, vinegar and water; otherwise keep the lip dry. Avoid ointments.

LIVER.—When out of order, a restricted diet is more or less essential; coffee, tobacco and alcohol are best left alone. Every morning the region of the liver may be rubbed. A glass of water with a pinch of salt is helpful before breakfast. Dr. Williams' Pink Pills in small doses after each meal have been proved a radical cure.

LOOKING GLASSES may be cleaned with a rag dipped in methylated spirit; this will remove the fly stains. Polish with soft or woollen cloths and powdered blue.

LOOSE HANDLES OF KNIVES.—The hollow in the handle should be filled with powdered resin; the iron stalk should then be made nearly red hot and thrust into the handle where it will remain fast when cool.

LOW SPIRITS are not a disease, but merely a morbid condition, best combated by hard work, fresh air and exercise, with wholesome food, and cheerful society. If caused by run down health, Dr. Williams' Pink Pills are recommended.

been finished, we could all see that the twitching of the child's head was not so violent. We also discovered that she had an appetite for food, and the nervousness was leaving her.

The child accordingly went through a second box, the pills being divided with a knife, and half a pill given at a dose."

"Indeed, sir," said the child's sister, with a light of love in her eyes, "Frances is not the same girl to-day. If you had just seen her, sir, when she was ill with the St. Vitus' dance!" "Did she ever cry out?"



Another jug broken!

And it was Miss Frances who answered—"Cry out, sir! Yes; I would even cry out in my sleep. But that is away since I took the pills."

"And I'll tell you what else Dr. Williams' Pink Pills have also cured her of," added her sister, "they have cured her of bile. She was a little martyr to bile! The headaches and sickness she had were sad, but she's not troubled now with any of these. Dr. Williams' Pink Pills have cleared her system of them. She takes her food with a decided relish, and is as healthy as any child need be. A great many have noticed the wonderful improvement in her."

LUNGS.—Have you strong lungs? You can test this by drawing a deep breath, and then counting aloud slowly without further inhaling. If sound you should be able to count at least 20 to 35 seconds. The lung power may be strengthened and increased by systematic daily exercise. Stand up straight; throw the head back; breathe deeply, first inflating the upper and then the lower part of the lungs; breathe slowly. Do this for fifteen minutes every day. If lungs already delicate, exercise gently as above, five minutes daily, and take course of Dr. Williams' Pink Pills.

MACHINING.—When calicoes are too stiff to pass through sewing machine, rub well with yellow soap the part you are working on.

MAHOGANY CEMENT.—Melt four ounces beeswax and add one ounce Indian red and enough yellow ochre to get required tint. This is a useful cement for filling holes and cracks in mahogany.

MARBLE (To clean).—Clean off dirt, then wash with a weak solution of hydrochloric acid (poison). To remove grease stains make a paste of Fuller's earth and water and let it lie on spots for four hours. Repeat application if necessary. Don't use soap.

MARKING INK (To remove).—Paint linen with solution of cyanide of potassium (poison), applied with a camel's hair brush. Rinse well in cold water when marks have disappeared.

MEASLES.—Symptoms: sneezing, running from nose and swollen eyelids; no appetite, sick and restless; red rash like flea bites breaks out over face, neck and body. Keep patient warm and in one room. Call doctor. The period of infectiousness is three weeks from the commencement of the disease, if all rash and cough have ceased, and no child should be admitted to a school under a shorter period of absence. After recovery, Dr. Williams' Pink Pills for Pale People will build up strength.

MEASURES & WEIGHTS (Household).—A halfpenny is an inch in diameter; a penny is a tenth of a foot. Five pennies measure six inches. Three pennies weigh one ounce. A half-crown weighs half an ounce.

MEAT (To keep sweet).—Take a quart of best vinegar, two ounces of lump sugar, and two ounces of salt; boil together for a few moments and use when cold to brush over meat to be preserved.

MEAT SAFES in the hot weather.—Hang up in the meat safe muslin bags filled with fresh charcoal on each side of

OLDER PEOPLE WITH "NERVES."

Bad Results of a Shock.

NERVOUS Disorders which in children take the form of St. Vitus' dance, result in other symptoms in older people. There is Mr. Seymour Fenton, a Manchester man, who lives at 6, Tib Place, Varley Street, Oldham Road, who received a severe shock in the sudden death of a friend, "My nervous system had sustained a great blow," he said to a *Manchester Weekly Chronicle* reporter. "In consequence I became terribly weak and nervous, and lost the power of sleeping at nights, I could not even write a letter, my hand was so unsteady; indeed I could scarcely raise a cup to my lips. About eighteen months ago I was obliged to take to my bed, and had two of the best physicians in attendance, but what eventually cured me was Dr. Williams' Pink Pills, as I will tell you. A good friend sent me three boxes of Dr. Williams' Pink Pills. He said they'd do me good, and they certainly did, for they've cured me of all my trouble. As I took them I found that my nerves were becoming steadier, and that I was not so greatly annoyed at little things. My health was improved in other ways, as I gained a good appetite and generally became much stronger."

"Did you take anything else?"

"I had previously taken all sorts of medicine; but when I took Dr. Williams' Pink Pills for Pale People I gave up all other treatment, and they soon had the right effect."

a joint of meat. This will keep the meat sweet even in the hottest weather.

MEDICINES.—Medicines for females should not be so strong as for males. Purgatives are best taken at night. Scavoline Pill is the best purgative yet discovered. After taking medicine, wash out the mouth.

MEDICINES (To measure).—Remember that a teaspoonful is equal to one fluid drachm; a dessertspoonful is about two fluid drachms; a wine-glass holds from one and a half to two ounces. Always wash spoon.

MEDICINE STAINS.—Stains on silver or plated spoons can be easily removed by rubbing them with a rag dipped in vinegar, and then washing carefully with soap and water.

MEERSCHAUM PIPE (To clean).—Place in cold sweet milk and boil over a very slow fire.

MICE (To destroy).—Sticky fly papers should be pinned down near their holes. The mice will stick to these, and the cat will do the rest.

MILDEW ON LEATHER may be removed by gentle rubbing with vaseline. Polish afterwards with soft cloth.

MILK (How to keep baby's milk).—Boil, and fill into clean bottles up to the cork; turn bottle upside down, and keep in cool place. Before being used it ought to be heated in water. Fermentation will be prevented and digestibility improved.

MILK & STAINS.—If the stained article be washed immediately in several waters, and then in milk, letting it soak in the milk for several hours, the stain will disappear; or the article may be washed in vinegar and water, and then soap and water.

MOLES never grow on the body after birth. They may become irritated by friction of clothes, and give much trouble; unless very large on the face they should be left alone.

MORBID APPETITES.—Where the appetite is slight, or absent altogether, or craving something unwholesome in the way of food, such a condition is generally traceable to the liver, and should be so treated.

MOSQUITOES.—A piece of camphor held over a lamp will speedily drive mosquitoes out of a room.

MOSQUITO BITES.—To allay the inflammation touch the wounds frequently with ammonia.

MOTHS.—Things should be packed away sprinkled well with insect powder or camphor; then tightly done up in brown paper and pasted down. Camphor may be put in the corners of chairs.

Woman in Middle Life.

A Time of Great Trial; Courageous Words from a London Lady that will show other Suffering Women what Dr. Williams' Pink Pills are worth to them.

MRS. Sarah Goodchild, now between forty-nine and fifty years of age, lives at 7, Blick terrace, Hendon, and is the wife of a well-known Hendon tradesman. No one meeting Mrs. Goodchild would believe her more than thirty-five years of age, for she is a hale, hearty woman without one streak of grey in her luxuriant black hair, but she has recently passed through a great deal of suffering, but like many other women in the trying times of middle life, she has to thank Dr. Williams' Pink Pills for Pale People, in being tided over an unpleasant period.



Mrs. GOODCHILD.

*Helped in a trying time by
Dr. Williams' Pink Pills.*

To a *Sun* reporter Mrs. Goodchild said, in a tone which implied that this fact and good health were synonymous:—"In the first place I am now a great believer in Dr. Williams' Pink Pills for Pale People. I have had eleven children. Like many women of my age I suffered much from biliousness and other unpleasant symptoms, and was a daily attendant at the doctor's. When I got up in the morning everything used to swim before me. In going downstairs I felt as if I were coming down the whole lot at one stride, everything I looked at seemed to spin round and quiver in front of me. When I got down to the kitchen I would fancy a cup of tea, but the moment I drank the tea I would begin to reach. The vomiting made me languid, exhausted, and prostrate nearly all day. If I lay down on the sofa or went to bed I could hardly lift my head or turn it on the pillow. I had pains across the top of my head and in my back so sharp that they made me cry out every time I moved. A friend of mine used to suffer in the same way. She got better, and used to ask me to take her medicine—Dr. Williams' Pink Pills. For a long time I refused

to try them, but, after sticking to ordinary medicine for two years, and not feeling a bit better, I took her advice.

"The first effect of the pills was to stop the vomiting in the morning. That gave me cheerfulness and strength to do my work. So I kept on with them, and I was so much better after having one box of Dr. Williams' Pink Pills, I bought another, and continued taking them.

MOTHER'S MILK.—If not available, a substitute may be found in cow's milk (two parts of milk to one of water) with a little sugar of milk added. If this is returned, add lime water; and substitute barley water for the plain water.

MUMPS.—The infectious period is three weeks from the commencement of the disease, if all swelling has subsided; and no child should be admitted to a school under a shorter period of absence. After recovery build up the strength with Dr. Williams' Pink Pills. The treatment is simple: Keep a warm barin poultice constantly over the swelling, and one or two doses of Scavoline Pill cut up and divided according to age, is all, with rare exceptions, that is required.

MUSLINS.—Isinglass is the most delicate and satisfactory starch for fine muslins.

MUSTARD is a most useful condiment, as it possesses stimulating properties, and is a valuable tonic and excitant; when largely diluted it becomes an emetic.

MUSTARD POULTICE.—The cleanest way is to spread ordinary table mustard on damp, rough brown paper with a knife, and allow it to remain there for a minute, then wipe it all away carefully, and apply the damp paper to the part. Apply white of egg to the skin first; this will prevent the plaster causing a blister.

MUSTY CLOTHES.—Clothes that have been long kept must unpleasantly. To prevent this wrap up pieces of charcoal in thin paper and place in folds of garments. Tie up the whole in newspapers.

NAILS.—The white spots which are so often seen on the nails are caused by blows and other injuries; there is no remedy for the defect but the nail growing will disappear.

NAIL BITING is not always a wilful habit to be cured by some little punishment, but sometimes an indication of the first stage of nervous degeneration. The habit should be treated as a disease. It affects the general health, as the pieces of sharp nail are swallowed and may cause appendicitis. A little bitter alcohol rubbed on the finger tips will cure it in children.

NAUSEA.—If there is continued nausea with vomiting, it will prove a relief to drink warm water, which will wash out the stomach and give it fluid to act upon. Afterwards suck ice.

NECK (Discoloration of).—Borax and lemon juice have worked well with some women who were badly afflicted with discoloured necks, but the neck should be left as free as possible, and the circulation improved by exercise such as "head wagging," or deep breathing exercises.

NERVES.—An attack of nerves is a comparatively modern complaint, certainly, but calls for specific reference. It is best treated by change of scene, Dr. Williams' Pink Pills, and exercise.

NERVOUS HEADACHE may be relieved to a great extent by applying hot water to the temples and back of neck. Care should be taken not to catch cold afterwards, Dr. Williams' Pink Pills are required to prevent a relapse.

NETTLE RASH.—Don't scratch the spots. Avoid rich diet. To dab the eruption with gin and water, or with pure vinegar will be found a relief.

NETTLE STING.—Rub the part with mint or sage leaves. Many people find this a more effectual remedy than dock leaves.

NEURALGIA IN EAR is caused by decayed teeth or badly filled teeth. As a general rule there will be no deafness attending this pain. Don't use hot oils. The only cure is the extraction of the offending tooth.

NEURALGIA IN THE FACE.—Take an aperient pill, to be followed by a course of Dr. Williams' Pink Pills.

NEURALGIC HEADACHE.—An excellent remedy that has proved reliable in many cases of neuralgic headache is found in a lemon: take a slice and rub over the affected part. But the permanent cure is Dr. Williams' Pink Pills.

NIGHT AIR won't hurt you, so leave your windows open at night. Consumptives at the last gasp have been saved by leading the lives of savages, and sleeping out at nights. Thousands of soldiers sleep every night in the open.

NIGHT LIGHTS.—It is better to do without these, as they consume air, so necessary to health. On no account leave a gas-jet burning, even turned right down, as the bad fumes are more harmful than candles.

NIGHTMARE.—The general treatment should consist in attention to any derangement in the system. Constipation should be corrected; light diet at night insisted on.

NIPPLES (To harden).—Before the confinement this is especially necessary in the case of a first child, and for this purpose the nipples should be bathed with eau-de-cologne and water, or glycerine and brandy.

NOSE BLEEDING.—To stop this trouble which is always alarming though not always dangerous, it is recommended simply to raise the person's arms. The greater force required for the blood to course through the veins of arm, relieves pressure on vessels of the head. Heat should be applied to feet. Pour cold water down spine, or cold key sometimes effective.

Gradually I improved, and found that the best thing that happened to me was that I came to sleep soundly at night, a thing that I had not done for two or three years, and I wakened up in the morning refreshed. Four boxes of Dr. Williams' Pink Pills put me on my feet again, and I got well and strong, and forgot all about Dr. Williams' Pink Pills. About a year ago I began to ail again, and found all the old symptoms returning, with others incidental to my stage of life. This reminded me of how I was cured before, so I at once sent for a box of Dr. Williams' Pink Pills, and before I'd finished the box they had helped me over all my troubles. I was myself again. They had a wonderful effect on me, and I keep them in the house ever since."

A WOMAN'S CONFIDENCE.

Words of Hope from a Former Sufferer.

MRS. ELIZA LIVERSEDGE is a Castleford lady, well known for her connection with many charitable movements. Her remarks to a *Pontefract and Castleford Express* reporter on her cure by Dr. Williams' Pink Pills for Pale People, of an affliction which unhappily many women know too well, will be read with interest by other ladies:

Mrs. Liversedge, who is thirty-two years of age, has entirely recovered her former strength, but for ten years she dragged out an existence embittered by one of the most distressing ailments. To use her own words, she had tried all

NOSE (Red).—The following (prepared by the chemist) will conceal redness, and have cooling effect: prepared calamine, 4 drachms; oxide of zinc, 2 drachms; resorcin, 1 drachm; glycerine, 2 drachms; rosewater, to 8 oz.; carmine, $\frac{1}{2}$ grain; liquor of ammonia, 1 drop.

NUMBNESS is generally counteracted by warmth, friction, or a hot bath. Friction with hand is often sufficient, but when the more energetic means are required, turpentine and oil may be rubbed in.

NUN'S VEILING (To remove black marks).—Bake flour in oven till thoroughly hot, but don't burn. Apply this with new flannel to soiled parts and shake off when dirty. Repeat process till clean.

OILCLOTH should not be cleaned with soap and water; a tablespoonful of milk should be poured on and then well rubbed with a cloth. This will not only clean it, but act as a preservative.

OIL PAINTINGS (To clean).—Peel a potato and rub with a very little water over picture. Cut off a slice and continue process, wiping off lather with soft damp sponge. Finish with tepid water and wipe with soft silk.

OIL STAINS IN LEATHER can be removed by applying white of egg and drying in the sun. Repeat application. Dry Fuller's earth is also effectual.

OILED PAPER to cover jam pots, etc., can be made by brushing sheets of white paper with "boiled" oil and hanging them on a line to dry.

ONIONS, especially in their raw state are a powerful stimulant; in boiling, the onion loses much of its pungent quality. A roasted onion cut in half and the centre cut out may be applied to boils to hasten breaking.

OPHTHALMIA owing to extreme delicacy of the eye, it is important to obtain immediate assistance of skilled surgeon, but in the meantime, instant rest, seclusion and darkness are essential.

ORANGES (To choose).—Pick out the dingiest oranges in the box and you will be sure to get the best. Seek for those too with the thinnest skins and see that they are heavy. Juice weighs.

ORMOLU.—Clean with spirits of wine or ammonia. Dry with sawdust.

OSTRICH FEATHERS (To clean).—Cut four ounces of white soap into small pieces, and dissolve in four pints of hot water; beat solution into a lather. Immerse feathers and rub them with hands for five or six minutes. Rub stains with clean paper. Wipe with cloth, dry.

kinds of things, and had also been medically attended, without being able to rid herself of the delicate internal derangement which afflicted her.

"How did you come to try Dr. Williams' Pink Pills?" she was asked.

"I had a brother-in-law who had taken them, and they had done him good, and I therefore thought I would try them, as they are recommended by so many women for our own special troubles. I was pale, weak, and listless. Many women know from experience how greatly I suffered. Before I had taken all the first box, however, I already began to feel better. The medicine seemed to act directly upon the place of my discomfort. I took a couple of boxes, but stopped, and as soon as I did I had the old worn-out, back-aching, weary feeling of fatigue and disability again. My legs ached and my arms ached, but worst of all were the pains in the lower part of the back, so familiar to all suffering women. I took some more of Dr. Williams' Pink Pills, and they cured me. I have taken five boxes, and to make sure of a complete cure I am going on with a sixth box now, though I know that they have cured me. I feel sure that many women who suffered as I did would be glad to know how to be cured."

To this the reporter adds: "Laying aside the natural reluctance of a delicately refined nature—stirred only by the noble ambition to serve afflicted womankind—the narrative here reproduced bears an impress of sincerity and benevolence which makes it worthy of widespread gratitude."

OVENS should frequently be washed inside with hot soda water, or disagreeable smell will arise when cooking. A pail of water standing in kitchen when cooking onions, etc., will do much to prevent odour filling house.

OVER TIRED.—No person should eat heartily when overtired. The wisest thing is to drink a cupful of hot water with three spoonfuls of milk in it. Sit down for a few minutes, and then eat very slowly.

OX GALL is a capital cleanser; it removes grease and is said to fix and brighten colours, but it gives to white articles a greenish tinge.

OYSTER SHELLS.—Just place the oysters on the warm kitchen stove for a second, then insert the knife between the thin portions of the shell, and they will be found to open quite easily.

PAIN IN THE BOWELS.—If there is pain in the bowels, perhaps cramp or diarrhoea, apply hot fomentations to bowels, followed up by copious hot enemias; this will check the severity of the attack.

PAINT.—Paint that is splashed over the window panes, and defies any attempt to remove it by rubbing, can be rubbed with the edge of a coin or other piece of metal.

PAINT (To preserve).—Frequent washing with soap and soft cloth or sponge is the best preservative. Dust is the enemy of paint; it eats down to the wood. Don't scrub.

PAINT (To revive).—Dark painted or grained woodwork may be made like new by a coat of oak varnish. Rub very lightly with pumice stone; wash, dry, then varnish.

PAINT BRUSHES (To clean).—Rinse them in turpentine; then put them in a gallopot, with some soft soap and soda dissolved in hot water, whisk brushes about, occasionally changing water. Wash them finally in cold water.

PAINT ON CLOTHING.—To remove dried paint from the clothing is extremely difficult, but when wet it should be rubbed immediately and vigorously, and wiped with spirits of turpentine on a soft rag.

PAINTED WOODWORK (To clean).—For the wainscot or other painted woodwork that requires cleaning, there is nothing better than soft soap and Fuller's earth, with warm water and a flannel. Dry quickly with soft linen rag.

PALPITATIONS OF THE HEART.—The causes that excite palpitation are numerous, but the treatment falls under two heads. When due to inflammatory condition of the body, rest, quiet, low diet and attention to the digestive system is necessary; when due to anæmia, exercise, cold baths, good food and Dr. Williams' Pink Pills cure.

IN INFLUENZA'S "GRIPPE."

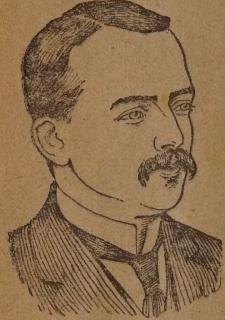
Influenza usually leaves behind it a legacy of Weakness and Disease in some part of the system. Rheumatism, a Weak Heart, Congestion of the Liver, Indigestion, Bronchitis and Gout are the most frequent after-effects. The poison lingers in the system for twelve months, unless completely eradicated, as it can be by Dr. Williams' Pink Pills.

ALL who have suffered from influenza should give attention to the following important case. When the attack of actual influenza has subsided, the patient should take pains to eradicate the miasmatic poison from his system. Dr. Williams' Pink Pills have a wonderful efficacy in doing this, as the experience of many correspondents proves.

The *Western Times* made public the following notable example in Devonshire. Mr. William Pook, of Summerland Street, Exeter, a gardener, paid the inevitable penalty of an outdoor occupation by contracting a chill and afterwards influenza. For a long time he seemed unable to regain his strength.

Mr. Pook, who is forty years old, said: "I have always been fairly strong and able to keep at constant work, until about five years ago, when I was obliged to give up. I got some nasty attacks of shivering, and after a while I collapsed altogether, being greatly run down. The doctor said I had a bad chill. I pulled round a bit and restarted work, but was soon obliged to give it up again and was told I had influenza. The worst of it was, everything I ate seemed to disagree with me. The doctor said this was caused through indigestion and liver trouble, resulting from the influenza. Finding that medicine gave me but temporary relief, I at last went to Mr. Bowes, the chemist in Sidwells Street who advised me to try Dr. Williams' Pink Pills for Pale People, for by this time I was very weak and miserable.

"I took his advice and tried two or three boxes, and by that time I felt well enough to go to my gardening again. My suffering again from the liver complaint and indigestion led me to continue the pills, for I felt they were bracing me up. I continued them consistently, taking altogether about seven or eight boxes, until I was properly well and strong; my liver is now all right, and I can eat without trouble.



MR. WILLIAM POOK,

A sufferer from Influenza, who was cured by Dr. Williams' Pink Pills.

PARAFFIN.—Blazing paraffin cannot be extinguished by water. Try to stifle the flames by meal or flour, and throw over a rug or coat, or anything handy that will exclude air.

PASTE may be made simply of flour mixed into a cream with water, and boiled; then dilute slightly with water. A few cloves may be added to prevent souring and moulding.

PATENT LEATHER BOOTS should be slightly warmed before the fire before wearing. This softens the leather, and at the same time prevents it cracking. Before first wearing rub them with salad oil.

PEN WIPER.—A good pen wiper is made by putting a handful of small shot in a phial. Clean pen by rubbing up and down in the shot.

PERFUME THE BREATH.—Cinnamon bark is found a simple and useful remedy, the mouth should be washed out with it, and throat gargled; ten drops of tincture of myrrh in half a glass of warm water is a wash equally good.

PERSPIRATION in healthy people should not be checked, and is not to be thought a sign of weakness; it is positively essential to health, and athletes spend much time and ingenuity in inducing copious sweats, wearing for the purpose "sweaters."

PERSPIRATION STAINS may be removed from white wool or silk garments by sponging with warm water into which ammonia has been poured, and then with clean water. Press before drying.

PEWTER (To clean).—Pewter pots should be washed in hot water with ashes or fine silver sand, and then polished with leather or cloth. This process will be effective, and will restore to the pewter its original brightness.

PIANO KEYS.—To prevent these turning yellow give them plenty of light. Always leave the instrument open on fine days. To whiten ivories cover with paste made of best whiting and water. Leave on four hours, wipe and dry carefully, and repeat the process twice.

PILES.—Carefully sponge the part which protrudes until quite clean; then let the patient sit over some hot water, and anoint the part with ointment of galls, opium and hamamelis, and with a soft warm towel press back the part.

PILLOWS.—To prevent the feathers coming through take them out, turn the tick inside out and rub it thoroughly with a piece of beeswax. This will be found effective and keep the feathers in their place.

PIMPLES ON THE FACE are best treated by internal remedies, correcting the liver or stomach as the case may be. The face should be washed in water three times a day. Constitutional remedy—Dr. Williams' Pink Pills.

PINS are sometimes swallowed by children, and the treatment should be to get the pin to pass through the intestines well enveloped by the other contents of the tube. For this purpose a large quantity of well-boiled potatoes should be given, and no other food until the pin is passed. No purgatives.

PIPES (Tobacco, to clean).—Run a few drops of chloroform through them. This will make them perfectly sweet.

PLANTS IN SITTING ROOMS.—Give them plenty of sun and air, but keep out of draughts or they will not thrive. Sponge dust off leaves with water.

PLAYING CARDS (Dirty).—Rub soiled cards with a piece of rough flannel and a tiny bit of butter. Wipe with soft rag. Next rub sharply with clean flannel and flour. Trim edges neatly with ruler and sharp knife.

PLEURISY.—Symptoms: severe pain in the side, rendered worse by coughing or breathing. A sharp attack may be cut short by rest, warmth, and the application of linseed-meal poultices every two hours. Afterwards take a course of Dr. Williams' Pink Pills.

POISONS.—The general and safe principle of action is to get rid of the poison by an emetic as soon as possible, and send for a doctor. An emetic is made of mustard and warm water; or salt and warm water; or put finger at back of tongue to make the patient sick.

POISON (By Acid).—Symptoms: burning of mouth and throat, pain and burning in stomach, vomiting, purging. Treatment: give magnesia in milk or water, washing soda, or chalk, or whiting, or soap and water. Even whitewash or lime white from ceiling or walls may be given if nothing else is handy. Send for doctor.

POISON (By Aconite).—Aconite root is sometimes eaten for horse radish. Symptoms: slow pulse, tingling in mouth, stoppage of heart, cold skin. Treatment: emetics of mustard and water. Send for doctor.

POISON (By Antimony).—Symptoms: vomiting and purging. Treatment: encourage vomiting as much as possible by warm greasy water. Give tea. Send for doctor.

POISON (By Arsenic).—Symptoms: severe pain in stomach and throat with dryness, purging and bloody vomit. Treatment: mustard emetic; milk beaten up with white of egg; or oil and lime water. Send for doctor.

POISON (By Belladonna—Nightshade).—Symptoms: the pupils of the eyes become greatly dilated, and the patient labours under great excitement. Treatment: emetic of mustard water or soap. Send for doctor.



He worked in all weathers.

cure seems to be permanent, as I have continued in the best of health."

INFLUENZA.

A Woman's Plight after Three Severe Attacks.

MRS. ALICE TEARNEY, of 35, Lord Street, Heap Bridge, Bury, should know the terrible effects of influenza if anyone does. She contracted the complaint four times. Speaking to a *Bury Guardian* representative of her experience she said:—

"Each succeeding attack seemed worse than the previous one, and to leave me weaker. Indeed, I thought I would never be strong again until I fortunately tried Dr. Williams' Pink

"I am quite another man from what I was. I can eat a hearty meal and enjoy it, whereas before I commenced taking Dr. Williams' Pink Pills I could scarce touch any thing. I am able to do a good day's work without feeling any ill effects. I have kept to my work constantly now for a considerable time, and my

Pills for Pale People. Now I am as well as I ever was. I was frequently confined to my bed as the influenza left me in a very weak state. My hands, at one time almost lifeless, have never really been right since the last attack, but they are very much better than they were twelve months ago. I consulted two or three doctors, who were kind and skilful, and I took a lot of medicine, but I made little progress. Excessive weakness was my worst symptom. I had no appetite and could take little to nourish me."

"And you owe your present much improved state to Dr. Williams' Pink Pills?" asked the reporter.

"Yes, I do," was the emphatic reply. "About twelve months ago I read in a Manchester evening paper an account of a woman who suffered very much as I did, and who was cured by taking Dr. Williams' Pink Pills for Pale People. At first I was against trying the pills, as I had nearly lost confidence in everything. My husband, however, persuaded me to try them. When I was taking the third box I began to feel a great deal better. The pains which affected my back and limbs left me, and I was able to get about better than I had done for a long time before. I continued taking the pills, and found they did me a lot of good. I have regained my appetite; I have put on flesh, and am quite strong again. My husband has had influenza more than once, and he always takes the pills when he is not feeling well, and they quickly set him up. They are a splendid tonic and strengthener, and a course of them protects against other attacks, for there has been no recurrence."

POISON (Alkalies and Alkaline Salts).—Symptoms: inflammation of mouth; great pain. Treatment: vinegar and water; emetics. Call doctor.

POISON (By Copper).—Symptoms: purging and irritation of throat. Treatment: emetics of warm water; then white and yolk of eggs followed by milk. Send for doctor.

POISON (By Digitalis—Foxglove).—The noticeable symptoms are slow pulse and a general coldness creeping over the body, and the treatment consists in an emetic of mustard, water or soap suds, followed by tea. Send for doctor.

POISON (By Mercury—Corrosive Sublimate).—Symptoms: Severe pain in stomach and throat with dryness, purging and bloody vomit. Treatment: emetics; followed by eggs, gluten of flour made into a paste with milk or water. Send for doctor.

POISON (Opium).—Symptoms: Sleepiness, contraction of pupil. Treatment: emetic of mustard or ipecacuanha wine. Prevent sleep by keeping in motion, throw water in face, slap, give strong coffee. Send for doctor.

POISONOUS GASES coming up through the bath or lavatory or sink traps can be kept down by keeping the plug down and leaving two or three inches of water standing. Send for plumber.

POLISH AMBER.—Rub with whitening moistened with water. Then use a little olive oil, polishing it thoroughly with a piece of flannel. Don't be afraid of rubbing.

POLISH COPPER by first washing with hot water, soap and silver sand, then use pulp of lemon dipped in salt, wipe with wet cloth and finish with leather and whitening.

POLISHING HORNS.—Scrape with edge of broken glass to take off roughness, then rub with damp cloth and pumice stone powder till perfectly smooth, next with rotten stone and linseed oil. Finish off with soft rag and flour.

POLISHING STOVES.—A fine gloss is obtained by adding a teaspoonful of alum to the ordinary black lead.

POTATO PEELINGS and cold water are excellent for cleaning glass, decanters, etc.

POWDERED ALUM often works like magic in cases of nose-bleed; a pinch of it should be snuffed; another remedy said to be of great utility is simply to raise one of the arms above the head.

PRICKLY HEAT.—It will be found a useful and soothing remedy for a person who has broken out in prickly heat to dust the parts affected several times a day with flour.

PROLAPSED BOWEL.—Carefully sponge the part

which protrudes until quite clean, then let the patient sit over some hot water; and anoint the part with ointment of galls, opium and hamamelis, and with a soft warm towel press back the part.

PROTECT A DAMAGED FOOT OR LEG IN BED.

It will be found useful to secure an old bandbox, knock the ends out, and lay the injured leg in the box. The bed clothes will thus be kept from weighing on the leg.

PURIFY A SINK.—If common sulphate of iron (buy at chemist's) be dissolved in the proportion of one pound to four gallons of water, and poured over the sink three or four times, offensive effluvia from the sink will be completely destroyed.

PUTTY.—Putty that has become hardened can be easily removed from glass, without damage, by applying a hot iron. It will then be rendered quite soft.

QUICKLIME sometimes gets into the eye. Well bathe the inside of the eye with water containing a little vinegar; the vinegar will neutralise the lime; then bathe in warm water. After this drop into the eye two or three drops of best sweet oil. Wear eye shade.

RAILWAY ACCIDENTS.—Even if apparently uninjured, go home and take things quietly for a few days. The effects of the shock are often very disastrous, and take some little while to develop. Better lie down for a few days than undermine your constitution for life. Leave your address with guard, so that you may claim compensation.

RAISING MONEY on a Bill of Sale.—No bill of sale is valid for an amount under £30. Bills of sale must be registered within seven days of completion, and registration must be renewed every five years.

RAISINS (To stone easily).—Pour boiling water over them and drain at once. Open and remove pits. This is a quick and easy process.

RATS.—If chloride of lime be spread where the rats are known to frequent, it will be found a good preventive, as rats have an extreme aversion from it.

RAT HOLES in a house are an almost certain sign that there is a defective drain somewhere close by, and same should be traced with utmost care to its source.

RATTLING WINDOWS are a great nuisance, and apt to keep one awake at night. The simplest plan is to make some wood wedges and drive them in between the sashes. They should always be kept handy, in case of wind or tempest.

Cured of Two Ailments.

Well-known Newcastle lady relieved of Sciatica and Hay Fever by Dr. Williams' Pink Pills. Unable to do her work for a long period; she is now strong and well.

An interesting feature about the cure of a Newcastle lady who suffered with sciatica is the fact that it was for hay fever that she first tried Dr. Williams' Pink Pills. Mrs. Wharrier is the wife of an architect, living at 18, Day Street, Sandyford Road, Newcastle-on-Tyne, and she readily consented to be interviewed.



MRS. WHARRIER,
Cured of Hay Fever and
Sciatica by
Dr. Williams' Pink Pills.

"Five or six months ago," she proceeded, "I had a very bad attack of sciatica—so bad, indeed, that I was obliged to get a servant to do the work, though the house has only five rooms. I had to go under the doctor. He gave me several bottles of medicine, but whenever I stooped in the least little bit the pain used to be dreadful. It was like needles in my hips and back, and would catch me most unexpectedly. Nothing gave me ease until, for the cure of quite a different ailment, my husband permitted me to try Dr. Williams' Pink Pills.

"Look at me to-day, though. I have just been remarking that it is wonderful how much better I feel. Elasticity seems to have come back to me since I have used these pills, and I can go about with my usual swing. I used to be very healthy and well—except for one thing during the last six or seven years—hay fever. The doctors say that arises from the pollen floating in the air. Whatever it may be due to, it is a terrible nuisance. I have been awakened by it in the middle of the night, and the sneezing, headache, and general discomfort has been terrible. I asked a doctor about it and all he could do was to recommend me to go to a specialist. But I did get rid of it."

"How?" asked the reporter.

"Well," Mrs. Wharrier replied, "through Dr. Williams' Pink Pills for Pale People; and the odd thing is that when they cured the hay fever they cured the sciatica also. A week and a half after I commenced to take them, I woke one morning up out of a deep sleep—I had not had such a nice night's rest for a long time. The hay fever was gone, and although I have been working very hard since, it has not returned, though getting heated always used to make it come on.

READING IN BED before breakfast is considered distinctly injurious, but if necessary, then get up and bathe the eyes carefully in warm water, or better still douche them, and eat a few biscuits. Never apply cold water to the eyes, it produces inflammation and watering of the lids. **RED ANTS** may be caught on a plate well smeared with lard. Allow the ants to get into the plate, then turn the plate upside down over the fire, when the ants will fall in with the melting lard.

REMOVE FAT FROM SOUP.—Pour the soup through a cloth that has been well saturated in cold water; all the fat will be found to remain in the cloth, and the soup will be perfectly free from fat.

REMOVING STICKING PLASTER.—In removing strips of sticking plaster draw the ends upwards towards the middle, and in such a way as not to tear edges of wound apart.

REMOVE A TIGHT RING.—Put one end of a piece of fine string underneath the ring and wind the other end evenly round the finger. Then take the end which is beneath the ring and slowly unwind it upward.

REST AFTER MEALS.—It is very important not to do any work immediately after meals. The digestion requires individual attention. Work will simply hinder digestion. After supper there should be no work at all; bodily vigour is at its lowest.

RESTORE VELVET PILE WHEN PRESSED DOWN.—Hold the wrong side of the velvet firmly over a hot iron on which a wet cloth has been placed. The vapours arising will raise the pile if helped by a whisk of the hand.

RE-VACCINATION.—When an epidemic of small pox is present or threatening, it is a wise precaution to get re-vaccinated, and in any case, every seven years this protection against the scourge of small pox should be taken.

RIBBONS (To clean).—Brush with ammonia and water on both sides, rinse in cold water, and leave on table to dry. Do not iron, but press slightly damp under a board.

RIBS BROKEN.—The ribs should be fixed in as immovable a position as possible with strapping plaster. Great care must be taken to prevent any movement of the broken part; particularly prevent broken ends of ribs coming through skin. Send for doctor.

RICKETS.—Keep child on back as much as possible; give steady course of Dr. Williams' Pink Pills, good and nutritious food, fresh air; salt baths, steady friction to back; use no bandages or mechanical means whatever.

RINGWORM.—Spreads very quickly among children, and should be dealt with at once. The best cure is to wash the head well with vinegar or with acetic acid and water, and apply iodine to kill the parasite. Consult doctor.

ROOM (To cool).—The temperature of a room may be speedily reduced by wetting a cloth of good size, and suspending it across the room. This plan may be resorted to when it is inconvenient to open door or window.

ROUGHNESS OF SKIN may generally be removed by rubbing the hands with pumice stone previous to applying the soap. Take care, however, not to let the gritty particles touch the nails, or they will scratch them.

ROUND SHOULDERS.—To cure round shoulders, sleep on a perfectly flat mattress without pillow or bolster. This is a good habit to cultivate, and with perseverance the round shoulders will be cured.

RUGS.—In shaking rugs it is better to take hold of them in the middle, and not by the ends; and when beating them, they should be beaten on the wrong side.

RUST ON STEEL.—The steel should be well rubbed with sweet oil and left for four hours. Then fine powdered unslaked lime should be applied to the steel; polish well till the rust disappears.

RUST (To prevent).—Mix with oil varnish, four-fifths of well rectified spirits of turpentine; apply this varnish with a sponge. Articles varnished with this retain their metallic brilliancy.

SALE OF GOODS.—No contract for the sale of goods is valid to the value of £10 or upwards, unless the buyer actually receives and accepts part of the goods sold, or unless he has paid something on account, or unless some note has been made in writing or signed.

SALT (Some uses of).—Salt and water will sometimes revive an unconscious person. Warm water and salt is an emetic; washed in salt water the hair will be prevented from falling out; thrown on the stove, salt will stop disagreeable odours.

SAL VOLATILE is an excellent stimulant, and frequently employed in languor, faintings, hysteria and nervous debility. The usual doses are from half a teaspoonful to two teaspoonfuls.

SALVE.—A good salve for burns, bruises, cuts and blisters is made by melting together an ounce of beeswax and an ounce of sweet oil. Allow it to cool, and then add an ounce of spirits of turpentine. Mix well.

The sciatica, too, had vanished, and, as I told you just now, there has been a wonderful change in me. My appetite improved, and I was far better in my general health. They seemed to put such tone into me that they have made me feel more active in every way. Until I took them I had not been able to work for a considerable time, but now I find that work is a pleasure and I am not inconvenienced in the least. I have recommended Dr. Williams' Pink Pills to many friends, and I always hear of them doing good."



Dreadful pain in the side.

"EXCRUCIATING RHEUMATISM."

WHEN the details of Mrs. Smith's case were first published in Glasgow, it was said by the press of that city, that it was as severe as any on record. Mrs. Smith lived at 49, Houston Street, South Side, Glasgow.

"You see me looking splendid, and I am feeling splendid," said she to a reporter, "but I was in an awful state! If ever a person in this world suffered from excruciating rheumatism it was I. The trouble first started fully a

year ago in my right thumb, and, being a hand sewer, you can imagine what it meant to me. I tried to work, but the pain became so severe that I had to stop altogether. Had the rheumatism been confined to my hand it would have been bad enough, but it spread throughout my whole system, and such a grip had it of me, that I was confined to the house for ten weeks. Quite powerless were my hands. I could not feed myself. At the infirmary the doctors did their best for me, but I returned home as bad as when I went away.

"I could not sleep for the pain, and often I observed to my husband that I envied those who could gain refreshing slumber. Seeing how much my illness was pulling me down, my husband said, 'Well, do you know, I think you should give Dr. Williams' Pink Pills for Pale People a trial.' 'I'll take anything that will give me relief,' I replied in despair. Then and there my husband got a box of Dr. Williams' Pink Pills, and honestly speaking, I could not say that I felt any better by the time I had taken the contents of the first box, but by the time I had got to the end of the second box I could get up and about. I have never had a twinge of pain since then; and mind you, I am not exaggerating when I tell you that before I started Dr. Williams' Pink Pills for Pale People I had severe rheumatism from the soles of my feet to the crown of my head. There is not the slightest doubt but Dr. Williams' Pink Pills cured me. I have never failed to recommend them to friends, and I have heard of several who have been greatly benefited by them."

SAUCEPANS should be scrubbed out with hot soda and water, the lids as well: if anything has been burned in the pans, boil some soda and water in them, and then rub the insides with sand.

SAUCEPAN LEAK.—A primitive method of stopping a leak in a saucepan is to take a piece of linen and draw it through the hole, until the bulk of the material causes it to stop. Then cut it off close at both ends.

SCALD (Slight).—A scald may be so slight as to occasion only a little pain and redness, and these effects speedily pass away. The application of oil or white of an egg relieves the smarting. If much skin is scalded, see a doctor.

SCARLET CLOTH can be cleaned with hot flour (baked) mixed with a third of its quantity of Fuller's earth. Rub with a piece of new flannel.

SCORCH MARKS may be removed from linen by the following process: Squeeze the juice out of a couple of onions, cut up half an ounce of white soap, add two ounces Fuller's earth, mix, and add half a pint of vinegar. Boil, spread when cool over linen, let it stop on; wash out.

SCORPION STINGS.—The symptoms very much resemble wasp stings in an aggravated form. The best remedy is the external application of ammonia. Send for doctor.

SCREWS (To loosen, when rusted into wood).—Drop a small quantity of paraffin on to the screw-top. Allow time for the oil to sink in, and then the screw can be easily removed. A red hot poker held to the head of screw is another remedy for the trouble.

SCRUBBING BRUSHES when not in use should be turned bristles downwards. They will last twice as long in this way, as the moisture does not soak into the backs and loosen the bristles. Always shake dry, continuing the shaking some time after the brush ceases to drip.

SCURVY OR DANDRUFF.—Use a greasy hair lotion. A simple remedy is pure hog's lard melted down and allowed to cool; rub this well into scalp.

SCURVY.—The patient must at once be put on fresh animal and vegetable food; the free use of ripe fruits and lemon juice, or lime juice is absolutely necessary.

SEA SICKNESS is largely caused by the irregular supply of blood to the brain, and possibly the strain upon the eyes owing to the continuous movement. Lie down; keep eyes shut, and take as little liquid as possible of any kind.

SERVANTS' CHARACTERS.—It has been established that a master is not bound to give a servant a character, but that if he does, he must give a true character, otherwise

the servant who suffers injury thereby, may successfully bring an action for damages. A true character, good or bad, given without malice is privileged in law.

SHAVING THE HEAD.—First of all cut the hair as short as possible with pair of scissors or clippers, and then use the razor, shaving with the hair and not against it.

SHEETS (Changing).—To change under sheet, in case of invalid, push soiled sheet towards patient, on bare mattress lay clean sheet in a roll, unroll it towards patient. Move patient over roll on to clean sheet—finish unrolling sheet, tuck in.

SHELLFISH occasionally disagrees, producing sickness, giddiness, swelling, and netterash. Give an emetic of soap and water, and send at once for doctor.

SHINY COAT can be renovated by sponging with equal parts of boiling water and ammonia. Brush well when dry.

SHIVERING ATTACKS.—It is best not to disregard these, as they may be fore-runners of something more serious. The patient should be given a dose of spirits of camphor in hot water, and should be put to bed between the blankets. Apply a hot water bottle.

SHOCKS (Violent).—In unconsciousness from shock, loosen clothing, raise the head, apply stimulants to the nose, smelling salts, burnt feathers, etc., and put hot water bottles to feet. Send for doctor.

SHYING HORSE.—A horse often shies through want of confidence in the rider. The leg towards which the horse turns should be pressed into the flanks, and the horse walked and caressed rather than chastised or rushed.

SICK ROOM.—Generally speaking it is a mistake to darken the sick room; let the sunshine come in, to drive away the shadows and purify the air.

SICK ROOM MAY BE SWEEPED by just going over the carpet with a mop wrung out in some ammonia and warm water. A broom may be used afterwards to collect what dirt there is left, but no dust will be raised.

SICK ROOM (To air).—Swing a door rapidly and quietly backwards and forwards, it will pump the bad air out of a room, and draw in the fresh air from the window which is down at top. Cover patient to keep him out of draught.

SIDEACHE with a dull heavy pain, may be traceable to the liver, and should be treated with a light diet, no alcohol, and hot fomentations over the liver. Take Dr. Williams' Pink Pills after meals as a radical cure.

SILK (To remove grease marks).—Split a small card and rub silk with the rough sides of the card.

THE DOCTOR'S TERROR.

Locomotor Ataxy, the severest form of Paralysis, is the terror of the medical profession. Symptoms: Staggering; Inability to Stand Erect in the Dark or when the eyes are closed; Spinal Weakness; Pains in the Back; Loss of Power and Sensation in Legs; Impotence. Dr. Williams' Pink Pills for Pale People are the only medicine that has cured Locomotor Ataxy.

THE *South Durham and Cleveland Mercury* recently published the result of an investigation of an astonishing cure of Locomotor Ataxy, the severest and most hopeless form of paralysis, always considered incurable until the discovery of Dr. Williams' Pink Pills for Pale People. The victim was Mr. William Thompson, residing at New House Farm, Caldwell, near Darlington. The following story was told to the reporter by Mr. Thompson's wife:—

"My husband," she said, "had suffered for a long time from what he thought was rheumatism. Sometime ago his sight became so much affected that he could not see to read, although he is only thirty-six years of age. A few years ago he was in the hospital for three months, but never really understood what was the matter with him.

"He felt a numbness come over him. If he closed his eyes he staggered and fell, and after a time he was seized by tearing pains in the back. A sensation, as if a cord were tied tight round his middle, was another symptom he complained of. He lost his voice, and saw things double or distorted, and when he tried to drink anything it almost choked him. He was suffering from locomotor ataxy, the most terrible of all forms of paralysis, and one generally considered incurable. But thanks to Dr. Williams' Pink Pills for Pale People," added Mrs. Thompson earnestly, "he has recovered.

"Previously to taking the pills he had medical advice, but finally the doctor told his father that he could do nothing further, as the case was hopeless, though his son might live a few years longer. Mr. Thompson's father desired to have the services of a specialist. In this, however, he was discouraged by another medical man, who said there was no chance of recovery.



The most terrible of all forms of paralysis.

SILK (To iron).—Silk should first be sprinkled with water and then rolled up tightly in a towel. After this it may be ironed, and the creases will readily be taken out of the silk. See that the iron is not too hot, or it will hurt the colours.

SILVER AND PLATED ARTICLES will be kept bright if allowed to soak occasionally in strong borax water for four or five hours. The water in which spoons and forks are washed must be boiling hot when first used; this hint will save much trouble in cleaning.

SILVER AND PLATED ARTICLES (Putting away).—It is said that if camphor be put away with new silver, the silver will never tarnish as long as the camphor is there.

SKIN (Discoloration after a blow).—Take a little dry starch or arrowroot, merely moisten it with cold water, and lay it on the injured part; but do it immediately, before the air has had time to take action on the skin.

SKIN ERUPTIONS are generally to be traced to the stomach and the liver acting sympathetically. The treatment may begin with a warm bath; a dose of magnesia and soda will correct any acidity of the stomach. The bowels should be relieved; after that give Dr. Williams' Pink Pills.

SKIN IRRITABLE AFTER POUFTICING.—If the skin is very irritable, a little flour should be sprinkled over it. This will remove the burning. After mustard poultice remove very carefully all mustard from part with very soft flannel.

SKIN TONIC can be made of the following: 2ozs. eau-de-cologne, 1oz. tincture of camphor, 3oz. tincture of benzoin. A few drops of this to be added to washing water.

SLEEP on your right side; you will not then interfere with the heart's action, or unduly compress the lungs. Food also leaves the stomach on the right side. If you sleep on the back you overhear the spine.

SLEEPLESSNESS, in the case of a feverish person who is unable to sleep well, is often remedied by sponging the body with aromatic vinegar and water; but avoid late meals or mental activity just before retiring.

SLEEPLESSNESS is the consequence of too great or too small a supply of blood to the brain. The drugs for producing sleep, which include chloral, bromide of potassium, opium, morphia, etc., should be avoided. Constitutional treatment is necessary. Dr. Williams' Pink Pills are highly spoken of.

SLEEP-WALKING.—A good plan, and one which may prevent accidents, is to nail down immediately beside the bed a sheet of metal. The cold shock to the feet will suffice to wake the patient.

SMELL OF PAINT.—The smell of paint can be removed by placing a handful of hay in a bucket or basin of water, let it stand in the room where the paint is, and next day change the water.

SMELL OF PAINT may be removed from rooms by filling three or four pails of water, and dropping in a little sulphuric acid (obtain from chemist; dangerously corrosive, will burn clothes if spilt). The water will absorb the smell, but care must be taken to change daily.

SMELLING SALTS (How to use).—In cases of fainting one usually rushes for this useful remedy, but in applying the salts, take care not to hold the bottle for any length of time close to the nostrils of an unconscious person. Keep the bottle moving to and fro.

SMOKING LAMP.—Some lamps seem to smoke constitutionally, and the following is worth remembering. Soak the wick in vinegar and dry thoroughly before using it. It will then burn clear and straight.

SMOKY CHIMNEY (To cure).—Single chimneys, forming part of a stack are liable to smoke; straight funnels do not draw well. A north aspect is apt to produce a smoky chimney. Large fireplaces with small funnels give trouble. Some chimneys smoke unless door is left open; in this case a ventilator should be let in the wall, high up. If the chimney smoke only when first lighted, warm the chimney first with shavings.

SNAKE-BITES.—Suck the wound. Snake poison is harmless on the lips if there is no wound in mouth. Tie a tape if possible between the wound and heart. Burn wound with carbolic acid, caustic, or gunpowder laid on and set on fire, and heat a poker and burn wound well. Give a large quantity of brandy and keep patient warm in bed.

SNEEZING may be averted by pressing the upper lip, because by doing so a certain branch of the fifth nerve is deadened, and sneezing does not take place when this nerve is paralyzed.

SNUFFLES.—The simple forms of this disease give rise to little trouble beyond continual discharge and some impairment of sense of smell. The best treatment is application of astringent preparations, such as tannic acid.

"So the medical treatment was given up. However, his sister had been taking Dr. Williams' Pink Pills, and she recommended them to my husband. He took eight boxes, and they did him a great amount of good. He was so much encouraged that he continued to take them, and has so far recovered, that, with the exception of a little bit of shakiness in his hands, he is nearly quite well again. At one time he was so bad that he could not feed himself. It was after the eighth box that we noticed the most improvement in him. His speech was the first thing to return, then his appetite, and next his sight."

At this moment, says the reporter, Mr. Thompson walked into the room, unaided even by a stick. He confirmed the statement made by his wife, and remarked that he could now assist his father on the farm. He hoped to be quite restored in a short time after he had taken another two or three boxes of Dr. Williams' Pink Pills. He added that he was quite amazed at the cure which had been wrought after he had quite given up hope. Mr. and Mrs. Thompson expressed their gratitude to the Dr. Williams' Medicine Company, and stated that the reporter was at liberty to publish what had been told him.

SAVED FROM PARALYSIS.

Activity Restored.

ASWINDON MAN, Mr. George W. Smith, of 18, Falcon Terrace, Westcott Place, told a *North Wills Herald* reporter how Dr. Williams' Pink Pills had saved him from being a permanent paralytic.

SOAP (Odds and ends of).—Should not be thrown away, but collected; finally the soap should be cut up into strips and melted up again, adding a little milk if necessary, and made into fresh cakes.

SOILED PHOTOGRAPHS may be cleaned by sponging with cold water. Clean mounts with bread.

SOMNAMBULISTS.—Such persons should not be awakened, but led gently back to bed. To prevent a recurrence the patient should be awakened two or three times every night for a week.

SOOT.—That has fallen upon the carpet should not be swept up at once, or dirty marks are left. Sprinkle some dry salt over the soot, and then the soot may be cleaned up with a broom.

SORE THROAT.—Mix juice of one lemon with six teaspoonfuls of honey, and take one teaspoonful when throat is troublesome.

SPECKS BEFORE THE EYES are often due to liver complaint, but they may also appear in a patient who is a little run down with overwork, or an anemic subject. Rest, quiet, and Dr. Williams' Pink Pills will be found curative.

SPONGES should be dried in the sun, and cleaned by soaking them in two or three ounces of carbonate of soda dissolved in a couple of pints of water. Let them soak for a whole day at least, and then afterwards be well rinsed out in cold water. Sea water makes a sponge as good as new.

SPRAIN OF KNEE.—If there is much pain and inflammation, leeches, hot fomentations and poultices, in all cases perfect rest. Cold lotions, lint soaked in tincture of arnica, and well applied bandages are best. Consult a doctor.

SPRAIN (Slight).—When the sprain is very slight the treatment may confine itself to cold water bathing of the part, and the application of arnica or spirit lotion.

SPRAY.—A spray (buy at chemist's) is a very useful instrument and takes the place of gargles in the treatment of sore throat. By the means of this simple apparatus, iced water, and medicated substances are used, and of course the spray can be accurately directed on any one spot.

STAIRS CARPETS.—When buying stair carpets, buy enough to turn under at top and bottom, and thus allow the carpets to be moved up and down and equalise wear. An old carpet left under a new carpet saves wear.

STAINS.—Most stains will come out if put in a pan of boiling milk on the fire. Should this fail, dab on some ammonia—*not* rubbed on. This applies to woollens, cottons, and silks.

"On a Sunday," said Mr. Smith, "I first felt a numbness in the back of my legs. I thought the feeling would pass away, but when I got up on Monday I found it was worse. I was aware that a loss of sensation in the limbs is the first indication of incipient paralysis. In a few days the numbness had extended to other parts of my body, and had so affected one of my eyes that I could hardly see. I had to give up work as I had no more feeling than this table. I consulted an excellent doctor, who prescribed medicines for me, and so did two other doctors whom I saw, but I did not recover my lost power of feeling. To make matters worse, I was attacked by indigestion and could eat hardly anything. As nothing else did me any good I determined to give a trial to Dr. Williams' Pink Pills for Pale People. I am, indeed, thankful that I did so, for their effect on me was most striking and I have entirely recovered my sensation, have no sign of paralysis and feel as well as ever I did in my life."

"The indigestion was the first thing to go. Then the numbness began to diminish, and I got rapidly stronger, and now, though I have only used three entire boxes, I can do a day's work with any man. During the last fortnight I have followed my employment without losing an hour—in fact, I have been working overtime. The indigestion has quite disappeared, while the numbness has also entirely gone. I find that my general health has been greatly improved, as I feel better than I have felt for a long time."

STAINS IN MAHOAGANY.—Make a solution of a little oxalic acid in water, dip a cork in it and rub discoloured parts until stain disappears. Wash, dry and polish with linseed oil mixed with a little turpentine.

STALE BREAD will taste almost like new if it is dipped for a moment in water or milk and baked.

STEAM BATH.—A very simple but at the same time effective bath to induce perspiration is made by placing a basin of boiling water underneath a cane-bottomed chair. The patient should then sit on the chair, taking care to cover himself from head to foot in blankets.

STEAMING THE COMPLEXION.—This may be simply performed by filling a basin with really hot water, holding one's head over it, and covering head and basin with a towel. After steaming, wash with hot water and soap. Rinse off in cold. But health and exercise are better for the complexion than any local treatment. Dr. Williams' Pink Pills give a clear skin.

STIFFNESS, following on exercise, is best dealt with by taking a hot or cold bath, some prefer one, some another, but the great thing is to rub down well afterwards with a rough towel, and it is possible, some embrocation, or spirits may be rubbed in.

STINGS OF INSECTS.—Ammonia in the form of sal volatile is the best for allaying the inflammation. If a person has been stung so as to cause faintness, cordials and opiates must be given. Remove point of sting with forceps.

STOCKINGS.—To keep black stockings from changing to a green colour, wash them with soap free from soda, and add a little vinegar to the rinsing water. Do not iron.

STOPPERS, GLASS (To loosen).—Drop a little salad oil round the stopper, and then put the bottle near the fire. The heat will cause the oil to work down, then strike the stopper with a wooden instrument. Repeat if necessary, until the stopper is loose.

STOPPING LEAKS.—When leak in water pipe is visible, shut off water at main, then spread some white lead on a cloth like a plaster. Plaster this firmly over the leak, and the plaster will soon harden.

STOVE SMELLS.—Sometimes something boils over or is spilled on the stove, with the result that the kitchen, and not infrequently the whole house is filled with the bad odour; this may be counteracted by throwing a little salt on the stove.

A Rechabite's Rescue.

Nervousness, Indigestion, Sleeplessness, often accompanying the aggravated disease called Pernicious Anæmia—Neglected, it frequently leads to Consumption. Dr. Williams' Pink Pills cure it.

IN the Brancaster Staithe Coastguard Station, near the town of Brancaster, within bell-sound of Nelson's birth-place, Burnham Thorpe, and on a reach of coast that has furnished our Navy with some of its finest sailors, dwells Mrs. Rosanna Dutton, a finely-built, attractive-looking woman of twenty-eight, of healthy appearance, a fit mate to the stalwart coastguardsman, introduced as her husband. In the course of conversation with a *Norwich Mercury* investigator, the lady unfolded a remarkable story.



MRS. DUTTON,
Cured of Pernicious
Anæmia by Dr.
Williams' Pink Pills.

"For three or four years, and without any alleviation," she said, "I suffered the direst torment, nervousness, restlessness at night, intense pains in the limbs, breathlessness, bloodlessness, loss of appetite, complete derangement of all the functions of the body, and the many other ills attendant upon a very bad case of anæmia, were my lot. Utter collapse was brought about by the anxiety and arduous day and night duty of a nurse, an occupation I then followed; and although I was attended at various times by different doctors, I had only a little temporary relief."

It was, said our friend of the Naval Reserve, "during one of these brief periods of respite that he took her to wife regardless of the warning of some of their friends against encumber-

ing himself with a sickly spouse. All that affectionate care could suggest was, said Mr. Dutton, of no avail, and her condition, apparently became chronic; but, by the mere accident of turning over the pages of an illustrated almanack a few months ago, I came across records of cases seemingly beyond medical skill, in which the symptoms were very similar to those of my wife, and decided to give Dr. Williams' Pink Pills for Pale People a trial. A box was procured, and, incredible as it may appear to some people, this first box effected a marvellous improvement in her condition. Previous to taking Dr. Williams' Pink Pills it was impossible for her to get upstairs without my assistance.

"Yes," said Mrs. Dutton. "I never thought I should get the better of my complaint, but before I had finished the first box of Dr. Williams' Pink Pills I was certain that there was hope for me. I took two more boxes, and all the natural functions of the body quickly re-asserted themselves, all pain ceased, and once more I became well and strong."

Before parting from the truly happy couple the pressman learned that both were total abstainers and members of the Rechabite Order.



The Sailor's Bride.

STRAINS OR SPRAINS are greatly benefited by the outward application of vinegar and water, in equal proportions, as hot as can be borne. Bathe with this lotion, and then apply wet bandages.

STRAW HATS can be whitened by brushing well with solution of salts of sorrell. Place in the sun, and when dry varnish with white of egg.

ST. VITUS' DANCE usually affects the young. Rest and change of air and scene, form the principal treatment. The bowels should be kept open, and the child must not be excited or frightened. Innumerable cases have been cured by the regular administration for a short period of Dr. Williams' Pink Pills for Pale People.

STYE.—When first noticed get chemist to touch the spot with lunar caustic, pull out the lashes affected and apply warm lead lotion. Warm applications will relieve the pain.

SUBSTITUTES.—If a tradesman, when asked for some article, tries to sell something else in place of it, he does so to make more profit. Deal with shopkeepers who give you what you ask for. Substitutes are useless—invariably so when medicine such as Dr. Williams' Pink Pills are asked for.

SUCKLING WOUNDS.—This a perfectly harmless expedient, even when the wound is most venomous, provided that there are no cracks on the lips or cut in the mouth. The poison is innocuous when not in contact with a cut or open surface.

SUFFOCATION DURING FIRE.—When fire breaks out, and gets beyond control, the danger of suffocation by the smoke is greatly decreased by creeping along the floor.

SUFFOCATION FROM NOXIOUS GASES.—Give all fresh air possible; throw cold water and vinegar over the face and breast. Keep up bodily warmth. Apply mustard poultices to feet. If necessary start artificial respiration. (See Drowning).

SUMMER (Butter in).—In hot weather keep butter bacon, lard, etc., in deep earthenware pan and wrap round with a bit of old blanket well wetted. They will keep sweet and cool.

SUNBURNT COMPLEXION.—Fresh milk mixed with oatmeal is very beneficial to a sunburnt complexion. Many use butter milk with success. Sulphur mixed with fresh milk is excellent for washing the skin.

SUN STROKE.—Apply cold cloths or icebags to the head, and mustard plasters to the neck. Send for doctor.

SUPERFLUOUS HAIR cannot be permanently removed; It may be plucked out by small pliers, or it may be shaved. The better way for women probably is to pluck it out, taking care not to cause irritation, and bathing the part with a wash composed of milk of roses. The only cure is by electricity, which a doctor will tell you how to get done.

SWALLOWING A BEE OR WASP.—If anyone should have the misfortune to swallow either of these insects, dissolve a teaspoonful of common salt in some water and drink it. This will kill the insect and cure the stinging.

SWALLOWING COIN.—Do not rush to purgatives. Allow digestion to take its ordinary course, in the hopes that the coin will become embedded in a mass of food and be carried away with the first motion. Eat a large quantity of well-boiled potatoes and watch for the excretion of the coin. If not found see a doctor.

SWALLOWING A FISH BONE.—When this causes choking, press root of tongue down with finger so as to induce vomiting. If this fails, try mustard emetic; and failing this, swallow a large piece of soft bread or potato.

SWEEPING CARPETS.—Some old-fashioned people believe in sweeping with a broom that is wet with salt and water. It is said that this makes the colours of the carpet bright, and collects the surface dust.

The Discouraging Doctors

held out little hope of doing the lady good. Neuralgia and a terrible Disease of the Heart, which led to frequent Fainting Fits, made them despair; but Dr. Williams' Pink Pills cured her.

SCORES of people who knew Mrs. Topham, wife of Mr. Alfred Topham, No. 9, Havelock Street, Wellingborough, wondered how she could endure such suffering. She suffered from neuralgia, fainting fits, and heart disease.



Mrs. TOPHAM.

Cured of Neuralgia and Heart Disease by Dr. Williams' Pink Pills.

discouraging. I gained no strength; my cheeks became sunken, and I began to look quite old."

"But what did you good?"

"Dr. Williams' Pink Pills," was the prompt response. "I had not taken more than three or four pills before I felt that they were doing me good, and before I had finished the first box I began to regain strength. They acted just like a stimulant, and I began to take pleasure in food, and a cup of tea seemed quite nice."

"But was the cure complete all at once?"

"Oh no! But I was improving all the time. I had pains at times, especially on my left side. I wrote to the Dr. Williams' Company, and found them most kind and obliging. They have always answered my letters most readily, and have freely given me advice as to the best way of using the remedy, dieting myself, and other matters. I shall always feel grateful to them for the interest they have taken in my case. I took seven or eight boxes of the pills altogether, and am now well and strong."

"I have never felt better in my life. The neuralgia has been quite cured, and the shaking fits have quite gone."

SWOLLEN FINGERS with simple irritation should not be poulticed, but plunged into water as hot as can be borne for a short time, or a stimulating liniment rubbed in.

SWOLLEN GLANDS.—Swollen glands should be painted with iodine, or ointment of iodide of lead should be rubbed in daily. A handkerchief dipped in gin and tied on at night will often cure a mild case. The commoner the gin is, in quality, the better for the purpose. Don't buy the best.

SWOONING.—Remove patient to cool apartment. Have ligatures applied above knees and elbows. Sprinkle hands and face with vinegar and cold water. Make him smell vinegar and even drink a spoonful or two in water.

SYRINGING THE EAR.—Never use cold water. A finger bowl should be employed to hold the warm water, and to catch the current as it returns from the ear.

TAINTED FISH.—If there be any real doubt as to whether fish is good or bad it should be thrown away. Stale fish is very poisonous, especially fish that has no scales, such as eels or shell fish.

TAKING MEDICINE.—Take the medicine in mouth, close mouth and wash down quickly with water. At the same time compress the nose between the fingers. Many medicines will be almost tasteless this way.

TAPEWORM.—A strong decoction of dried mignonette flowers, given to the patient fasting, and followed up by a large dose of castor oil has proved a most effectual remedy.

TAR.—In getting over hedges or gates in the country it is quite usual to find yourself smeared with tar. Tar stains may be removed with paraffin.

TARTAR can be removed from the teeth in the summer months by the very simple and eminently pleasant means of frequently eating strawberries; but the inside of the teeth should be brushed quite as carefully as the outside.

TEA STAINS.—The most obstinate tea stains can be

washed out after equal parts of glycerine and yolk of egg have been applied and allowed to dry. Use clear cold water.

TEETHING is always a trying time with children. If fed by bottle put a little lime water with the milk. The gums must be lanced by a doctor if they are swollen and hot. Cutting of first teeth will often cause considerable constitutional disturbances. There will be peevishness, fever, and often convulsive fits.

TEETH (Care of).—The teeth should be cleaned night and morning and preferably after every meal. But the spaces between the teeth must receive particular attention. For this purpose use a very fine tooth pick and brush the teeth with Sododont.

TEMPERATURE OF ROOMS.—For those that are well fed and clothed a temperature between 45° and 60° will be correct. Children and aged persons require more warmth; for newly born infants 65° to 70° may be necessary.

TEST A HAM.—Stick a sharp knife into the ham under the bone; if it comes out clean, and the smell is pleasant, it is all right; but if there is a disagreeable smell, and the knife is smeared, reject it.

TEST HEAT OF OVEN.—Put a piece of white paper in oven; if the oven is too hot, the paper will blacken or blaze up; if it turns light brown the oven is fit for pastry; if light yellow the oven is ready for sponge cakes, etc.

TEST MUSHROOMS.—When cooking mushrooms it is wise to use a silver or plated spoon, for if any injurious qualities are present the spoon will become blackened. Such mushrooms should be thrown away.

THUNDERSTORMS.—If out of doors, avoid trees, elevated positions, or water. If the flash is followed instantly by report, better sit down; if within doors, keep away from the windows or chimney; the middle of the carpet or bed is safe.

A MAN WHO DARED NOT WASH.

ECZEMA.—An Eruption of Vesicles, or Pimples on the Skin, without fever, but with irritation, itching, and formation of matter, is often greatly aggravated by contact with soap, or even plain water.

TO be released after six years of torture from burning, itching, eczema, was the fortunate experience of a Nottingham man, Mr. Thomas Scott, of 2, Kelk's Yard, Count Street, Hockley. "I owe my release to Dr. Williams' Pink Pills for Pale People," were Mr. Scott's words of thankfulness in the *Nottingham Daily Express*.



Worked in the fields.

"For six years," he said, "I suffered from an acute form of eczema. All over my body and arms were pimples about the size of a pea. I dared not take a proper wash, and sometimes my hands would tingle terribly, while the big toe of this foot—and he pointed to his left foot—so swelled up that it used to take me three-quarters of an hour to get my boots on."

"But what was the cause of it?"

"Well, I had got what they call stagnation of the blood," was the reply. "Some six or seven years ago I used to work in the fields, and it was through getting myself into a perspiration and then standing about until I caught a chill that my blood was so affected. The pimples I have told you about broke out, and gradually grew worse. Though the sores seemed to get better during the summer they always



He washes now.

returned when the cold weather set in. They gradually spread all over my breast and arms, and even to my ears. I couldn't sleep at nights because of the itching, and even in the depth of winter I couldn't bear a blanket over me, having to be content with a sheet; in fact, I found that I could sleep better during the daytime than at nights."

"And how long did this continue?"

"For over five years. I went to more than one doctor, but although they gave me medicines and ointments they couldn't do anything for

TILED FLOORS should be wiped over with skimmed milk once a week after it has been washed. It is a good plan to rub the tiles with linseed oil about once in two months, and then polish with a cloth.

TIN SAUCEPANS (To mend).—Scrape surface bright, touch with spirits of salt in which zinc had been dissolved, until still, lay over hole a piece of thin tinfoil and over that a piece of bright tin. Press hard with a very hot poker.

TINNED FRUITS, &c.—When the tins are once opened the contents should be immediately poured out or emptied into a china dish. This precaution also applies to tinned lobster, fish, etc. When buying canned fruit or other tinned goods, note whether the top of the tin is concave or convex. If it is convex (bulging) the contents of the tin are not good, and should not be bought. To test for copper (poisonous dye), open the tin, and then plunge in the contents a bright steel knife. It should remain there for a few moments, when if copper be present, even in the smallest degree, it will be deposited on the blade. Such food should be thrown away.

THROAT GARGLE of a strengthening character can be made by taking half a pint of water and adding one drachm of tincture of cayenne.

THRUSH.—Common to "bottle-fed" children: small white ulcers appear in throat and mouth. Use sterilised milk, and wash mouth with weak boracic acid. Keep bottles and tubs scrupulously clean.

TIRED EYES.—When the eyes are tired by reading or by close application to work, it will be found a relief to look at objects in the distance. Do not read in bed in the morning without first bathing the eyes in warm water. Never get cold water in eyes: most injurious.

TONGUE (Furred).—When the tongue is found, usually in the morning, with a thick deposit of fur (yellowish matter) it should be cleaned with a tooth-brush, or scraped with the teeth: avoid going to bed immediately after a meal, and take a Scaville's Pill at night. As a permanent cure, use Dr. Williams' Pink Pills.

TOOTHACHE.—For relief, perhaps the best amateur treatment is an application to the cavity of decay of a little cotton saturated with oil of cloves, or oil of peppermint.

TOURNIQUET (To stop bleeding and how to make).—Tie a tape loosely round the arm or limb above wound. Put the end of a stick underneath the loose tape on arm,

and twist the stick round and round; when tight make fast to arm.

TORTOISE SHELL COMBS AND BRUSHES can be cleaned by the simple expedient of filling a bag with bran and throwing into the bran the comb and brush. The bag should then be well shaken up. Afterwards polish with a leather.

TROUSERS PRESS.—Get two smooth boards about three feet long and ten inches wide, also four cheap screw clamps from ironmonger. Fold trousers neatly, place between boards and apply clamps at four corners. Two or more pairs of trousers can be pressed at once.

TUBS SHRINKING.—Everyone knows how liable tubs are to shrink and what an inconvenience this is. It is a good plan to paint them well with glycerine, and it will be found that there will be no more trouble in this direction.

TRAPS, WHEN FROZEN.—When the trap of the bath-room or kitchen sink freezes, common salt thrown into them, will thaw them quicker than hot water.

UMBRELLAS.—When an umbrella is wet do not fold it up, but close it, and let it stand handle downwards so that the wet can run off evenly instead of getting confined among the ribs at the ferrule end.

UNINFLAMMABLE (To make children's dresses).—Simply add one ounce of tungstate of soda to the last water used to rinse children's dresses, and they will be rendered uninflammable. In case of fire they would only smoulder away instead of bursting into flame. Treat bed curtains in the same way.

VARICOSE VEINS (Burst in the leg).—The patient should be laid down, and the leg raised. A pad of lint dipped in cold water, should be applied at once to the wound, and tied on. If this is insufficient to stop bleeding, bandage the limb. Call doctor.

VARICOSE VEIN.—When from injury a varicose vein bursts, the hæmorrhage is very profuse, and even dangerous. It is readily stopped by lying down, placing a pad of lint on the bleeding point, and bandaging the limb. Send for a doctor while this is being done.

VARNISH (Defaced).—Varnish which shows white marks should be well rubbed with equal parts of linseed oil and turpentine well shaken together in a bottle. Apply with cotton rag and polish with soft cloth.

(Continued on page 30).

me ; I also tried various patent medicines, but without result. I lost my appetite, and felt run down altogether. The sores appeared to be growing worse, and in time my throat seemed affected by them. But fortunately I happened about a year ago, to read of a case something like my own, but not nearly so severe, being cured by Dr. Williams' Pink Pills for Pale People. So I gave them a trial, and I think it was the grandest thing I've ever done for myself in my life. Before I had got to the end of the first box I began to feel better in my general health ; while gradually as I persevered with the pills the sores began to die away. Now I'm as well as ever I've been in my life, and can go through the cold weather without fear of comfortless nights, and can indulge in as much soap and water as I please. It has all been due to Dr. Williams' Pink Pills."

CHILDREN WITH ECZEMA.

A Bad Case in Wales Cured.

ECZEMA is not so commonly found in children as in adults, but childhood still furnishes many cases of this and other skin diseases. Dr. Williams' Pink Pills have been found equally suited in the cases of children and those of more advanced years. A case in point in Wales is furnished in the two-year old child of Mr. and Mrs. J. H. Hutchins, who reside at No. 2, Railway Cottages, Nine Mile Point, an important junction nine miles from Newport,

where Mr. Hutchings is the signalman. The boy is a bright little fellow over two years old, and particulars of the case were given to a *South Wales Daily Telegraph* reporter by the child's sister, who was in charge when he called.

"He has been cured of sores which covered his whole body by Dr. Williams' Pink Pills," said the girl. "Eczema is what it was called, and for a long time he was a sight. He could not rest because of the irritation, and most of the time he was bleeding from scratching. He was off his food most of the time, and seemed to make no progress. Many who saw him said that mother would never raise him. Father then was told by another man, who had been cured of eczema by Dr. Williams' Pink Pills, to try them. After taking two boxes, Georgie began to get better ; it cleared off his legs completely. We continued to give him the pills, and now the eczema is entirely gone. There are a few sores on his face still, but they would have disappeared also, only we have such trouble to keep him from scratching them. The pills were given to him in small doses, and he picked up wonderfully from the first, taking his food well, and becoming stronger and heartier."

NOTE.—Skin Eruptions indicate one of two things—either an impoverished, vitiated state of the blood, or general debility. The blood being impure and heated, inflames the skin, giving rise to blotches, pimples, eczema, boils, or a sallow, muddy complexion. Dr. Williams' Pink Pills, though not a purgative, purify the blood, and give it richness and colour, at the same time acting as a tonic, cause skin troubles to disappear and give place to a clear, smooth complexion. Take a dose of Scavuline or other aperient before commencing the pills.

THE ONLY GOOD PURGATIVE!

WE strongly recommend our Readers to avoid the systematic use of all Purgatives whatever.

They are fatal to the Digestion, and invariably weaken the whole system.

No Purgative or Opening Medicine ever cured any Disease.

Where a Purgative is absolutely necessary it is only a temporary measure. Dr. Williams' Pink Pills should be taken systematically afterwards, in order to effect a radical cure.

The Best Purgative Medicine yet discovered is

SCAVULINE PILL,

which is free from the more injurious characteristics of other aperients. We do not recommend its constant use, but a couple of doses before commencing Dr. Williams' Pink Pills are beneficial, and where there is obstinate constipation or costiveness the dose may be repeated.

A box of Scavuline Pills may be obtained post free from Dr. Williams' Medicine Company, Holborn Viaduct, London, for 1s. 6d.

AVOID ALL OTHER MEDICINES WHICH AFFECT THE BOWELS!

THEY ARE INVARIABLY INJURIOUS.

A Girl who Couldn't Keep Still.

If your hands or head move without your meaning it, beware! St. Vitus Dance usually occurs in the young. Irregular and involuntary movements of the arms, legs, or head; languidness; trembling of the hands. Sometimes older persons have it.

CONCERNING a recent item published in its columns, the *Lincolnshire Chronicle* urged that the facts could not be too widely known. The newspaper spoke of the remarkable cure of Miss Daisy Starkey by Dr. Williams' Pink Pills, and as it was a reporter of the *Chronicle* who investigated the case, there can be no doubt of the correctness of the story. Miss Starkey lives with her parents at No. 6, Newport Arch Terrace, Lincoln, and is a healthy looking girl of nineteen years.

Miss Starkey was at one time afflicted by St. Vitus' dance, in as severe a form as it seemed possible to have it. Her first attack, she explained, came on when about eight years of age. A change of air did her good, and there was seldom anything the matter with her until about a year ago, when the symptoms returned in an aggravated form.

"I again went away," she continued, "but the change did me no good, and when I came back I was worse than ever."

"In fact," the mother here broke in, "we sometimes thought she would go completely out of her mind. She would roll about, clutching at everything. She tore her clothes almost off her back. Her's was a fearful case. Her arms were always waving to and fro, and several times we got knocks on the head. Sometimes she was worse than usual, and would scream and roll about as if in a fit, and it would take three people to hold her still. She could not help herself at all, and when she had screaming fits I was afraid she was going out of her mind altogether. We had three different doctors—two in consultation—and she was given every attention. In her mind she seemed alright, but she absolutely could not help being always on the move."

"Sometimes," Miss Starkey here remarked, "I could neither walk nor talk. I could not get the words out, although I knew what I wanted to say. I never thought I would get as well again as I am now; in fact, I really thought I would die."

"We tried things until we were almost tired of trying anything," added the mother. "Some people recommended us one thing and some another."

"It was Dr. Williams' Pink Pills for Pale People that cured me," said Miss Starkey. "Some friends of ours sent us a clipping from the *Lincolnshire Chronicle* of a case similar to mine having been cured by the pills, and we decided to get some and follow the directions. That was about last October, and I could tell when I had had one box full, that they were doing me good. I continued to take them, and I think altogether I had four boxes. The nervous symptoms grew less and less. As I continued with the treatment by Dr. Williams' Pink Pills the violent fits soon ceased altogether; there was finally no twitching whatever, and my appetite and general health improved as well. That is now some months ago, and I have not had the slightest touch of illness since."



She tore her clothes.

VENTILATION.—Is considered insufficient and a room unwholesome if on entry to the room from the fresh air a stuffy or fusty smell is at once noticeable.

VERDERGRIS ON BRASS may be removed by rubbing with liquid ammonia.

VERMIN.—Clothing that is scented with oil of cloves, oil of cedar or cinnamon, will not attract vermin. A small bottle of any of these ingredients will be found useful as a protection against bugs.

VINEGAR exercises a digestive influence on the harder portions of meat, and acts in the same way as regards salad. Salad-dressing of oil and vinegar renders uncooked vegetable matter digestible: the effect of the acidity of the vinegar on the stomach is counteracted by the oil.

VISITING SICK.—Do not visit when fatigued or overheated, or hungry. Keep at side of patient nearest window. When you come away, change clothes, take some food. Smoke. Wash hands.

VOICE.—A good and harmless remedy for strengthening and clearing the voice is to beat the white of an egg with the juice of the lemon and sweeten it well with sugar. Use as required.

VOMITING BABY.—If a baby vomits it is desirable not to give him anything solid, in fact for at least four hours after vomiting, it is best to put nothing except water into the child's stomach. Remembering this will save much worry.

WAKING UP UNREFRESHED.—Very few people appear to wake up "like giants refreshed." Now one thing is essential to this end, the bed-room must be airy and

clean, no dusty carpets, or curtains and closed windows. Learn to sleep with mouth closed.

WALLS (To paint).—Strip off paper by damping wall, fill up holes with plaster, well size, and apply thin coat of paint. When hard apply two or three more coats as necessary.

WALL PAPER (How to choose).—Avoid much variety of colour, or large patterns, as they seldom match furniture. Small patterns make room look larger; paper with stripes running from ceiling to floor makes room look higher.

WALL PAPER (To test).—Light a piece of the paper; if arsenic be present it will smell like garlic. Reject it; it is a source of danger.

WALL PAPER that has become stained with soot and dust, particularly behind pictures, may be cleaned with stale bread; grease spots on wall paper can be removed by laying over them coarse brown paper and then passing a hot iron over it.

WARTS.—A cure for warts which has been found of great value is the inside part of the shells of broad beans. This should be well rubbed on the warts, and they will surely disappear after a few applications.

WASH PLANTS attacked by blight with water in which enough coarse tobacco has been soaked to make it colour of weak tea. Water roots also with a little of the liquid; it will destroy insects and promote growth.

WASP (Sting of a).—As soon as stung get blue-bag and rub it well into the wound at once. The application of ammonia will immediately relieve the pain, or an onion cut in half and rubbed in will serve as well.

In a Delicate Condition.

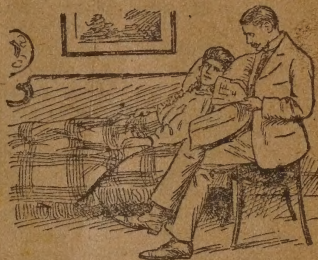
Ladies whose critical age gives cause for anxiety, as well as those whose delicate condition makes them the subject of solicitude, will find Dr. Williams' Pink Pills valuable.

MR. JAMES SWEET, Electrical Engineer to the Stacksteads Quarry Works, resides at Fearn, Stacksteads, Bacup, and during the visit of a *Bacup Times* reporter he remarked that his wife had had a remarkable recovery from a severe illness through using Dr. Williams' Pink Pills for Pale People. The delicacy and good taste with which Mr. Sweet told the history of his wife's delicate ailment and the generous public spirit which prompted her to make the facts known for the advantage of sister sufferers are worthy of high commendation.

"Some time ago," said Mr. Sweet, "when my wife was in a delicate condition, she began to lose blood. I had a skilful doctor to her and she took four or five bottles of medicine, but the alarming symptoms continued, and her health became very poor. She lost her appetite and strength, and we feared for her during her trying ordeal. She had continued in that condition for several weeks, when I happened to see Dr. Williams' Pink Pills spoken of in the *Bacup Times*, and as the article stated they were a remedy for the complaint my wife was suffering from I decided to try one box. My wife commenced to take the pills, and she had taken about three-quarters of the contents when she began to feel great relief. The loss of blood began gradually to diminish; her appetite greatly improved, and she was able to sleep much better. After having had three boxes she began to put on more flesh and to look better altogether. Altogether she has had about six boxes, and then, as she appeared to be quite strong and well again, she stopped taking them. When I bought the first box of pills I wrote and asked Dr. Williams' Medicine Company what they thought about my wife's case, and they wrote back for full particulars. I sent particulars and they returned a little book containing a testimonial from a lady who had been cured of an ailment similar to that my wife was suffering from, by taking Dr. Williams' Pink Pills."

"And you experienced a similar result in your wife's case?"

"I did," replied Mr. Sweet. "Dr. Williams' Pink Pills did her more good than anything else we have ever tried."



Her husband reads the papers.

WATCH GLASS SMASHED.—The next time you break your watch glass, take out the rim, get rid of the broken fragments of glass, lay over the face a piece of tissue paper, and replace the rim. This will protect the hands and not interfere with going.

WATER.—Any change in the colour or taste or smell of water should be carefully noted, and pending further investigations the water should be boiled and filtered before using for drinking purposes.

WATER should be clear, palatable and sparkling, and when shaken in a clean bottle it should not give off any perceptible smell.

WATERPROOF BOOTS.—To make boots waterproof, warm some beeswax and mutton suet until melted and rub lightly over the edges of the sole, but particularly where the stitches are.

WATER CLOSET.—A good flush of water must be provided to every w.c. and a wide ventilating pipe should be carried from it above the roof away from the chimneys.

WATERPROOFING CLOTH.—Take of sugar of lead and powdered alum each half an ounce and dissolve in a gallon of soft water, let it stand. Pour off liquid when clear and immerse the cloth for twenty-four hours; dry and press. It will be perfectly waterproof.

WEEDS (To kill).—Water paths in early spring with one pint of crude carbolic acid to four gallons of water. Do not use it on beds or nothing will grow there.

WET BOOTS.—Fill sodden boots with dry sand before drying. Press it well in and it will preserve the shape.

WEIGHTS AND MEASURES.—Ten ordinary eggs equal about a pound in weight. Butter about the size of an egg equals an ounce. A quart of sifted flour averages about a pound. A pint of chopped meat equals about a pound.

WHIPS in driving should be held if possible on the shady side, and not on the sunny side of the horse, as the shadow may frighten the horses into bolting.

WHITE FELT HAT (To clean).—Make thin paste of magnesite, or of arrowroot and water, apply with brush and let dry. Brush; the hat will look like new.

WHITE LEATHER (Ink spots on).—One part muriate of tin to two parts water. Apply with camel's hair brush. When stain has gone wash and dry with soft rag.

WHITE SATIN SHOES are effectually cleaned by rubbing with hot flour and flannel. As the flour gets dirty shake off and use fresh.

WHITEN THE NAILS (How to).—The finger nails can be whitened by rubbing them every night with a piece of freshly-cut lemon.

WHITLOW.—Is an abscess on the finger, and is very painful, often keeping the patient awake. The best treatment is to poultice and pay attention to the bowels. A few doses at nights of Scavuline Pills are best for this. But the great thing is to get the matter out as soon as possible. See a doctor.

WHOOPING COUGH.—The infectious period is six weeks from the commencement of the disease, if all cough has ceased, and no child should be admitted to a school under a shorter period of absence. Give Dr. Williams' Pink Pills in doses of half a pill to build up the strength.

WIND (Flatulency) usually to be traced to some liver disorder, and should be treated accordingly. The bile being deficient in quantity the food decomposes, and generates gas, which causes flatulency. Dr. Williams' Pink Pills with an occasional dose of Scavuline Pills will be found curative. Hot applications to stomach will give temporary relief also peppermint or any hot substance given in sips.

WINDOW CLEANING.—To give a nice brilliancy dampen a cloth with methylated spirits, and rub the glass well; afterwards polish with a clean dry leather; or the glass may be dusted with whiting, rubbed with a damp leather, and polished with a dry one.

WINDPIPE choked with a coin or other foreign body. It is very common for children to get a small coin lodged in their windpipe; the treatment is to seize the child by the legs allowing his head to hang down, and then give him, with the palm of your hand, several sharp blows on the back. This should dislodge the substance. If not, send for a doctor.

WINTER BOOTS should be rubbed with olive oil before they are put away for the summer. They will be found supple and waterproof when required.

ZINC PAISLS AND BATHS (To clean).—Wash well with hot soda and water. Then mix ammonia and whiting to a smooth paste, apply a coating of it to vessel, and let dry. Polish after with leather.

It was only Indigestion.

Indigestion causes Pain in the Stomach, Fulness after Eating, Wind, Sickness, Bile, Bad Complexion, Bad Taste in the Mouth. Purgatives relieve for a while, but, if persistently taken, make it incurable. Dr. Williams' Pink Pills actually cure.

IN a case of Indigestion brought to light by the *Sheffield Weekly Independent*, the patient became so weak and run down from lack of nourishment, which she was unable to retain, that at the Infirmary she was pronounced by experts to have developed Consumption. It was found that under the influence of Dr. Williams' Pink Pills the inflamed coating of the stomach rapidly healed; she was able to take and retain a strong diet, and not only was the Indigestion removed, but all the symptoms of Consumption disappeared. The *Weekly Independent* stated:—Mrs. Morton, of 18, Doncaster Street, Sheffield, is a bright and intelligent lady of thirty summers. "For about four years," she said, "I have been troubled with bad attacks of indigestion. I was very much worse after my last little girl was born. I was never able to get very much sleep, and consequently my spirits got very low."



Not Consumptive at all.

"Did you not call in a doctor?" queried the reporter.

"Yes, I was compelled to see the doctor, because I went from bad to worse; he ordered me into Hospital, where I stayed for seven weeks. They thought that I was consumptive, and said that I would never recover. After I left there the same old sick feeling soon came back again. Food would not stay on my stomach, and my strength gradually failed me again."

"How did you first hear of Dr. Williams' Pink Pills?" the reporter asked.

"I had read frequently of them in the newspapers some time before I thought about using them, and thought I could do no harm by giving them a trial. Of course one box did not cure me, but after a short time I felt a welcome relief, and for that feeling alone the pills were worth their price. I persevered with them regularly, until finally my stomach seemed to be quite strong, and I had no indigestion."

"I am not taking the pills now, but whenever I feel to need them, I buy a box at once as a tonic."

"And you really attribute your relief to Dr. Williams' Pink Pills?"

"Certainly I do," said Mrs. Morton, "and I think that I should not have been living to-day if I had not tried the pills. I always recommend them to my friends, who are much surprised at the difference the pills have made in me."

Hints on Shopping.

When you want a thing, see that you get it.

Most shops are honest: they sell you what you ask for and do not try to make more money out of you by offering "something else" instead. But—Beware of some shopmen who want to sell you "something else." Avoid tradesmen who offer you substitutes.

If you are satisfied that Dr. Williams' Pink Pills for Pale People are a medicine that will do you good (and they *will*), do not let any shopkeeper persuade you to take anything else. Anything else is a substitute—sold at a low price perhaps, but at a huge profit—no good to you or anyone.

Have you noticed that the newspapers constantly publish details of cases where people have been very ill indeed—hopelessly ill almost—and been cured by Dr. Williams' Pink Pills for Pale People?

Have you ever heard of anyone being cured by a substitute? No, you have not. It is Dr. Williams' Pink Pills that have cured people, not substitutes.

If you are pestered by the local shopkeeper to buy a substitute when you ask for Dr. Williams' Pink Pills come away and never enter the shop again—you will be cheated in other ways than this. Buy Dr. Williams' Pink Pills at an honest shop where they do not tease you with substitutes; or send direct by post to Dr. Williams' Medicine Company, Holborn Viaduct, London; the pills can be sent post free for 2s. 9d. a box; six boxes the price of five—13s. 9d.



